

GYMNASTICS

September/October 1989
Volume 18, No. 2


RYAN REIGNS

Tim Ryan Wins
The Gold At U.S.
Championships



BRANDY
JOHNSON
Does It Again





This year was a time for change.

Because we take the time to listen.

Our 1989-90 catalog represents a year of many changes at Alpha Factor. Changes you've asked for. And we've listened to your requests.

As a result, we now offer more warm-ups than ever before. Our Compulsories line boasts bold new silhouettes. Or, for more innovative styling, you can change the neckline on selected styles to whatever suits you best. Best of all, we've made it easier to get all these new looks, because you can

now use your VISA or MasterCard to order on our brand new toll-free number.

And because we've instituted the toughest quality assurance program in the industry, we can stand behind all of our products. Guaranteed!

Order your catalog today. See for yourself how all the changes that were yours for the asking have become services and styles that are yours for the taking.

alpha factor



P.O. Box 6246
Valley View Road
York, PA 17406-0246

Phone (717) 737-2641

Call toll-free

1-800-8ALPHA8

to charge your order to Visa or MasterCard

Our exciting fall/winter catalog is free to members and customers when requesting no catalog, club or business cardmail. All other glass mails \$3.00

© 1989 Tyle Industries, Inc.

USA GYMNASTICS

SEPTEMBER / OCTOBER VOLUME 18 NO. 5

DEPARTMENTS

- USGF Editorial**
Page 4
- Gymnastics Update**
Page 6
- USGF Report**
Page 11
- Product Update**
Page 12
- Event Results**
Page 14
- Sponsor Update**
Page 17
- Classified Ads**
Page 44
- Event Calendar**
Page 46

Cover photo by Dave Black

SPECIAL FEATURES



1989 U.S. National Champions, Brandy Johnson & Tim Ryan.

World Championships Preview

The National Team is preparing for the World Championships competition at the new facility, the U.S. National Gymnastics Center, in Indianapolis, IN. **Page 8**

U.S. National Championships

Brandy Johnson and Tim Ryan earn the prestigious national championships titles at the Met Center in Bloomington, Minnesota. **Page 18**

Tim Ryan

Ryan talks about his preparation for the World Championships and his recent victory at the U.S. National Gymnastics Championships. **Page 30**

'89 U.S. Olympic Festival

Lance Ringwald, Kim Zmeskal and Diane Simpson win the titles at the '89 U.S. Olympic Festival in Oklahoma City, Oklahoma. **Page 34**



Kim Zmeskal, Junior National Champion

CHANGES OF ADDRESS AND SUBSCRIPTION REQUESTS: In order to ensure uninterrupted delivery of USA GYMNASTICS Magazine, notice of change of address should be made with eight weeks advance notice. For latest address please enclose past present mailing label. Direct all correspondence and U.S.A. GYMNASTICS SUBSCRIPTIONS: 201 South Capitol Avenue, Fort American Place, Suite 304 Indianapolis, IN 46201.

The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. As well as the governing organization, the USGF actively trains and administers the U.S. Olympic Team including the U.S. Olympic Gymnastics Team. Qualifications and support are provided to ensure that all are fair and equitable.

USA GYMNASTICS is published bi-monthly for \$3.99 to the United States Olympic Federation, 201 South Capitol Ave., Suite 304 Fort American Place, Indianapolis, IN 46201/Phone: 317/347-0225. Third class postage paid at Indianapolis, IN. Subscription year \$23.98 per year in the United States; all other countries \$27.98 per year. All correspondence (letters, ideas, suggestions) can be received for considered materials, return entire postage \$1.00 by USGF and USA GYMNASTICS. All rights reserved. Printed in USA.

Publisher
Walter Tacke

Editor
Loren Pearce

We currently have over 3,500 safety certified individuals. While that number may be impressive to some, other information concerning this figure is quite alarming. Consider the following statistics:

As a dedicated professional, one should be aware of, and involve themselves in, the current data and information specific to gymnastics and safety. This includes research, technical information, spotting techniques, new trends, legal information, sports-science concepts and any other information or material that could help increase an individual's safety awareness. Considering the current legal climate and the number of injury-related litigations, the safety certified professional also supports and helps to maintain the highest levels of ethics, care and concern for one's athletes. This is something that even the very best coaches cannot ignore. There is an obligation to society that the legal system demands and expects.

While the basic cost of safety certification is still the same as in 1985, \$100.00 for a four year period, that is less than

seven cents a day. Also, as a professional member, there are numerous opportunities for group discounts and other related savings. The USGP will begin enforcing the safety certification program

through requirements set forth for sanctioned events. This will begin in early 1990. We have had this program in place since 1985 and it is time that its significance and importance are incorporated directly into our programs and organizational structure.

"We have many great professionals in our sport. There is nothing wrong with increasing our standards. It is our responsibility and the way we improve and make our sport better. The kids will appreciate it!"

Safety Certified Individuals	1,508
Professional Members	9,130
Pro Members who are NOT safety certified	8,095
Pro Members who ARE safety certified	1,035
Safety Certified but not pro members	2,473

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110

This information reveals that only 11 percent of our professional members are safety certified. This is an extremely poor representation of the people who are the leading professionals in our sport. A club owner, coach, instructor and official has a responsibility to the students, parents and a sporting community to maintain the highest level of safety awareness. This is a continual obligation that cannot be compromised. The youngsters who participate in our sport rely totally on the instruction and expertise provided by the sports profession-

Women's Program
Administrator
Kathy Kelly

**Men's Program
Administrator
Robert Cowan**

UNITED STATES GYMNASTICS
FEDERATION
REGISTRATION INFORMATION

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

[illegible]

UNITED STATES GOVERNMENT
FEDERATION

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

[illegible]

ASSIGNMENT CONTENT TOPICS

Michael A. Miller, M.D.
 Frank A. Polyzos, M.D.
 Samuel Campbell, M.D.
SAFETY COMMITTEE:
 Dr. Gerald George
EDUCATION COMMITTEE:
 Dr. Donald G. Coore
BRISQ/ASA'S COMMITTEE:
 Dr. Martin Schum, Director
SPORTS PHYSIOLOGY COMMITTEE:
 Dr. John Sawada, Ph.D.
BRISQ'S PHYSIOLOGY COMMITTEE:
 Dr. Ted Norman, Ph.D.

Unless expressly identified to the contrary, all articles, statements and views printed herein are submitted solely to the editor and the United States Department of Education represent no official position or endorsement of any organization thereof.

Walking the Straight and Narrow Can Lead to a Wide Open Future.



Walking a balance beam 4 inches wide and 4 feet high teaches a young girl how to concentrate on where she is going in life. She quickly learns how to put her foot down... and when to leap for her dreams.

Gymnastics gives young girls the tools they need to build a successful future. The courage to explore unique talents. The confidence to set lofty goals. And the creativity to reach them.

Above all, it develops the discipline to achieve.

If you'd like to help your child learn to walk the straight and narrow, enroll her today in a local gymnastics program. You'll be opening up a world spinning with possibilities.

For more information, contact the United States Gymnastics Federation, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, Indiana 46225. 317/237-6050



Gymnastics:
Winning
at Life

U.S. GYMNASTICS
FEDERATION

Gymnastics Awards Book



The Proudest Way to Display Your Achievements

Come with 1 ribbon page and 1 medal page. Film pages available. Specify gifts or book edition.

- Track your success from meet to meet
- Display your awards for family and friends
- Eliminate misplaced ribbons and medals

Score Book

Parents: A gymnastics Score book makes it easy for you to follow your child's score during a meet. It also allows easy comparison from meet to meet. Small enough to fit in your pocket, large enough to track meet scores at rest.



Ask about using these products as a fundraiser for your gym.

Name _____
Address _____
We use UPS. Please include street address.

ORDER FORM

Gifts _____
Ings. _____

Product	#	Price	Total
Awards Book	_____	\$12.50	_____
Ribbon Pages	_____	\$5	_____
Medal Pages	_____	\$5	_____
Score Books	_____	\$10	_____
*Shipping Handling Insurance _____			
TOTAL _____			

*Display books only \$12.50. add \$1.00 for each address book. Free pages \$4.95. \$5.00 for additional pages.

Make checks payable to Harding Sports, P.O. Box 534, Shelton, ME 05574. Be sure to include shipping and handling charge.

GYMNASTICS UPDATE

Gymnastics Hall Of Fame

By John Arends

The man who has written, photographed and published most of the history of gymnastics is now hard at work building the sport's history a permanent home.

Glen Sundby, publisher of *International Gymnast*, is the visionary force behind the creation of a permanent home for our sport's most honored athletes and their achievements. Quietly, and mostly with money out of his own pocket, Sundby has been building the International Gymnastics Hall of Fame, in Oceanside, Calif.

His, perhaps, the most generous and potentially lasting gift to the sport that he has ever given.

"I'm not doing this for myself," he means. "It's for the sport."

Adjacent to the editorial offices of *International Gymnast*, the Hall of Fame is slowly taking shape under Sundby's patient direction. The building is being extensively remodeled. The former tennis had used the facility as a health club, complete with a racquetball court.

In a sense, it's fitting that a former fitness center should be transformed into a museum honoring the world's most beautiful sport. And it takes Sundby's unique vision, sharpened by decades of photographing and studying the sport, to see a high-tech audio-visual auditorium where currently only a dusty racquetball court stands.

To help turn that vision into a reality,

he recently enlisted the services of ESA Design, a firm specializing in the designing and planning of sports' hall of fame. Edward Scheele, president of ESA, has developed a master plan of the site that is truly stunning.



The master plan has been developed for the Hall of Fame.

The plans call for styling the International Gymnastics Hall of Fame as a museum-like "walking tour" of the history and technology of the sport.

The traffic flow of the building will take visitors through a series of rooms and exhibits, each dedicated to displaying different aspects of the sport's history, small equipment, large equipment, competition results, Olympic and World Championships exhibits, and the centerpiece of the facility, the Hall of Fame gallery.

Both static and "hands-on" displays will give visitors a unique encounter with gymnastics legends and antique as well as modern equipment. A large courtyard

and reflecting pool will feature actual pieces of equipment. Films and video



Olga Korbut was the first inductee into the International Gymnastics Hall of Fame.

continue on page 12

SAFETY CERTIFICATION TESTING

Scheduled Sessions

Thursday, September 14 and Sunday, September 17, 1999

Philadelphia, Pennsylvania

Adams Mark Hotel

City Avenue and Merisport Road

Philadelphia, PA 19106

215-580-5000

The Thursday course will be conducted

by several USGF National Safety Certified

The Sunday course will be conducted by Dr

Gerald Gavage. Both will be in conjunction

with the USGF National Congress

Course Contact: USGF 317-237-3030

Sunday, September 17, 1999

Horseshoe, New Jersey 10:00 a.m. - 5:00 p.m.

Elite Gymnastics

80 7th Avenue

Horseshoe, NJ 07036

201-430-4840

Course Director: Cathy Pichel - 301-383-1325

Friday, September 24, 1999

Lancaster, Kentucky 8:30 a.m. - 3:30 p.m.

Golf House

4th Street and River Road

Lancaster, KY 40302

502-589-8208

Course Director: Ben Goren - 216-526-2073

Course Contact: Vange South - 589-426-0914

This course will be conducted in conjunction

with the USGF Region V Congress

Sunday, October 1, 1999

1. Pittsburgh, Pennsylvania - 10:00 a.m. - 4:00 p.m.

National School of Gymnastics

97 Lawrence Drive

Pittsburgh, PA 15206

412-655-0101

Course Director: Juanita Jay - 412-863-4141

2. Walnut Creek, California 8:00 a.m. - 4:00 p.m.

Paradise Plaza Hotel

2205 North Main

Walnut Creek, CA 94596

915-934-2800

Course Director: Haroshi Fujimoto - 408-373-1599

Course Contact: Gay Gerlach - 915-932-1855

Everyone Needs To Be Safety Certified

1. Promotes a safer teaching/learning environment
2. Reduces insurance premiums.
3. Identifies your commitment to your profession, your sport and your athletes
4. Implementation of stricter safety practices will help reduce the chances of accidents and/or injuries.
5. Helps in membership recruitment

General Points of Information

1. The text book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test
3. The Course fee is \$100.00 (retail cost is \$25.00)
4. Certification is good for four years.

Participation Registration Form

Name: Mr / Mrs / Ms _____ Soc Sec # _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (H) _____ (B) _____

Course Director: _____

Course Location: _____ Date: _____

Organization Represented: _____

If USGF Member, List Type and Number: _____

Form of Payment: ☐ Check ☐ Visa ☐ Mastercard

Name on Card: _____ Number: _____

Expiration Date: _____ Signature: _____

Please make checks payable in full to USGF SAFETY CERTIFICATION
Mail Registration Form and Payment to Respective Course Contact

DO NOT WRITE BELOW THIS LINE * FOR OFFICE USE ONLY

Registration Form Received: _____

Confirmation Mailed: _____

WORLD CHAMPIONSHIPS PREVIEW

Indianapolis, Ind., is the site of the new USGF National Gymnastics Center, where the men's and women's senior teams are training for the World Championships. Both coaches and gymnasts are happy with the facility and the opportunity to train together for such an important and prestigious competition as the World Championships.

Brandy Johnson is enthusiastically awaiting the World Championships which will be held in Stuttgart, West Germany on October 14-22. Johnson is ranked third in the world behind Romania's Daniela Silivas and the Soviet Union's Svetlana Boginskaya, according to World Gymnastics magazine (89, 2).

Johnson is one of the strongest competitors the U.S. has ever had going to the World Championships. After placing in the top 10 in the all-around at the 1988 Olympic Games, she won the McDonald's American Cup, the U.S. Challenge, McDonald's Challenge USA - USSR, The Tournament of Cities, and the U.S. Gymnastics Championships. She's primed and ready to win some medals.

"This training camp is the best one I've ever been to," said Johnson. "The judges evaluate your routines, the girls in your rotation push you, and, because of this, you improve."

"All the girls have put 110 percent into this training camp," said Kevin Brown, at Brown's Gymnastics. "They are working on fine tuning their routines so they don't lose that two or three tenths deduction." Brown is the coach of Johnson, Wendy Bruce and Lisa Panofrone.

Cheryl Jarrett of Capital Gymnastics, coach of Sheryl Dundas and Stephanie Woods, said, "The improvements I have seen at this training camp are in-



The U.S. Women's National Team in front of their new National Gymnastics Training Center, in Indianapolis, Indiana.

credible. As a country, we've picked up points already — not just tenths." She added, "There are a lot of great people behind us. The USGF has been very supportive and given us everything we have asked for to make this training camp a great success."

Christy Heinrich is another strong U.S. competitor.

"I'm hoping to medal in bars and beam," said Heinrich. "I'm psyched and ready mentally, but I'm still working on perfecting everything physically."

Sandy Woolsey and Johel Bengert from Desert Devils, coached by Stormy Eaton and Diane Atkes, say they are in better shape now than at U.S. Championships — where they placed third and sixth all-around, respectively.

"I've improved a lot — especially on floor," said Woolsey.

John Holman from Parkettes said,

"The team is working well together and, most of all, looks strong." The Parkettes placed three athletes on the national team including Kristen Kenoyer, Kim Kelly and Jennifer Merces. They all are looking forward to the World Team Trials in Tempe, Ariz., on September 23 and 24.

Chari Knight from American Gymnastics, coached by Bob Levesque, and Ann Dixon from Karolyi's, coached by Rick Newman, are additional strong competitors on the women's side.

"Everyone's thinking 'Team USA,'" said Kris Kraft, from Gymnastics Country USA. Kraft coaches Jenny Ester and Dianne Cushmanberry, who are training for a spot on the women's World Championships team.

Continued on page 10

BLAST OFF

WITH A DELICIOUS NEW DRINK MIX
THAT WILL HELP YOU MASTER
THE SPORT OF GYMNASTICS!

MASTER THE TOUGHEST SPORT IN THE UNIVERSE



MASTER OF SPORT is officially endorsed by
ARNE GROESBEELD, many times Olympian and coach
of the 1984 and 1988 U.S. Olympic Teams.

ENERGY

MASTER OF SPORT contains a unique blend of **NATURAL** carbohydrates that provide both short- and long-term energy. That means no energy "let-down" during training. PLUS, you get leucine to spark added muscle action at the end of your routine when effort normally tapers. Leucine is a metabolic activator that helps your muscles produce maximum energy quickly.

Also, L-Carnitine is added to assist your muscles in efficiently processing fat for energy during long workouts. Carnitine is found in almost all meats, and aids in weight-loss efforts.

RECOVERY

MASTER OF SPORT helps to ensure speedy recovery from your workouts — so you can train hard day after day — you need plenty of protein, the building blocks of muscle. And protein is made from amino acids. The three most needed during recovery are the branched-chain amino acids, leucine, isoleucine and valine. MASTER OF SPORT has all the branched-chain amino acids your body needs for rapid recovery.

STRENGTH

Gymnasts must be strong without being bulky or fat. MASTER OF SPORT provides all the essential amino acids, vitamins and minerals necessary in maximizing your strength without adding extra bodyweight. PLUS, you get gamma-oryzanol, an extract of rice bran oil, to assist in improving your strength-to-weight ratio. O.G. said it best, "force your body to use its natural resources in producing maximum strength without adding extra bulk."

FOR VISA/MC ORDERS ONLY
CALL FUTUREWAVE 1-800-552-EDGE

FLAVOR	QUANTITY	PRICE EACH	TOTAL PRICE
FRUIT & L		\$4.95	
CHOCOLATE		\$4.95	
LEMONADE		\$4.95	

TXL: California residents add 8% (i.e. 4.00) and 1% (i.e. 0.40)

ADD \$2.00 per container for shipping and handling

CHARGE TO: ☐ VISA ☐ MC ☐ DISC ☐ CASH

ORDER TOTAL

Don't let it wait for delivery

NAME _____

ADDRESS _____ APT. NO. _____

CITY _____ STATE _____ ZIP _____

PHONE () _____ DAYTIME _____

CARD NUMBER _____ EXP. DATE _____

SIGNATURE _____

Fill in and send to: FUTUREWAVE, 1000 PUTTERWAVE

1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE

1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE, 1000 PUTTERWAVE



GOLD
SILVER
BRONZE

1 1/2" DIAM

NEW!

**HEAVY • BOLD
HIGH RELIEF MEDALS**

with

CUSTOM PRINTED NECK
RIBBONS OR PERSON DRAPE
LESS THAN 100 — \$2.00 each
500 OR ABOVE — \$1.00 each

Less than 100 medals add \$10.00
shipping charge

TELEPHONE TO REQUEST PRICE CATALOG

Hobbies, Bazaar, Company, Inc.

18 Schoolhouse Lane, Portsmouth RI 02871

In RI Call 603-333-7676

Toll Free: 800-633-7473

Out Of State 1-800-1-888-536-2443

World Championships Preview Continued



The U.S. Men's National Team break from a hard work out, for a casual shot while at their new training center, in Indianapolis.

Olympians Lance Rungtald and Chelle Stuck are ranked sixth and fifthteenth in the World, again, according to World Gymnastics magazine. The U.S. has high hopes on improving its ninth place men's finish and sixth place women's finish at the 1987 World Championships. The U.S. also hopes to earn medals in the finals — something that didn't happen at the last World Championships competition.

On the men's side, the 12-man senior national team is training at the U.S. National Gymnastics Center for a three week period. On September 29 - 30, an intersquad will be held to determine the tops seven men that will travel to Stuttgart for the competition. The men's coaching staff consists of Bill Maude, Ed Burch and Jim Hartung. They are enthusiastic about the men's progress.

Maude said, "Our team is young and exciting. They work very hard. The improvements they've made on stipules have been great — it makes the coaching staff feel like we're on a new plane."

"It's good to work with the other team members at training camp because you see the other guys doing well and it pushes you to do well, too," said Rungtald.

When Mike Ruscenelli was asked what expectations he had of the World Championships, he said, "None, which I see as an asset because I just want to go in and hit my routines."

Tim Ryan from Stanford, along with his teammate Conrad Voonsenger will also be top contenders for the U.S. men's team. Ryan placed first all-around at the U.S. Championships and Voonsenger placed fourth.

The more experienced crew of 1988 Olympians Kevin Davis and Tom Schlesinger, both from Nebraska, will also be top contenders. Other members of the senior national team are Charney Umphrey originally from Gold Cup and now attending UCLA, Patrick Krikosz from University of Nebraska, John Roethlisberger from the University of Minnesota, Jerrod Hanks from University of Oklahoma, and David St. Pierre and Chris Waller, both from UCLA. The men are working extremely hard in order to earn a spot on the World Championships Team.

"Everyone is healthy and eager to learn new skills. We are going to incorporate these new skills into routines for World Championships," said Burch.

Rungtald said, "All of us are young and ambitious. We know what we want and are working hard to get it."

Thus will mark the 25th year for the World Championships competition, which is held biannually. A record number of athletes are expected to compete at this year's World Championships in Stuttgart.

The adventure is building and the U.S. will anxiously await the results.

MAIL ORDER TO:
Terri Steiner
380 W. Jester Drive
93550 Valley, CA 93549
(916) 373-3140

Gymnastic Diary



RECORD YOUR
SCORES,
AWARDS,
AND
MEMORIES IN YOUR
100-PAGE
DIARY

COACHES: Great gift for team members

Hard-bound diary

\$8.95 plus \$1.25 postage

Name _____
Address _____
City _____ State _____ ZIP _____

New JO Program Information

In the July/August issue of USA Gymnastics, the editorial discussed some of the reasons behind the new JO Program and justification for its existence. Another article identified the components of the new recognition/awards program for the various levels of achievement through the new program. This article will discuss some of the important regulations regarding the new program and will answer frequently asked questions and concerns.

Age determination within the new program. The age that a gymnast will attain in the calendar year will be their official competitive age for that calendar year (beginning Jan. 1 thru Dec. 31). For example, Mary won't be 12 until December, 1989, however she will compete as a 12-year-old beginning January 1, 1989—even though she is really only 11 years old until her birthday in December.

In Level 5 age divisions are 8-11 and 12 and above. The awards, however, are based on individual achievement. For example, on the balance beam all gymnasts who score a 9.0 or above will receive a blue ribbon, etc. For Levels 6-10, the gymnasts are divided into the following age divisions for the determination of awards based upon individual placement or ranking: 9-11, 12-14, and 15 and over.

There have been numerous questions about how the new dance program will be administered over the next four year period. The JO Committee has established the following requirements indicated in **Table One**.

(NOTE: For these beginner levels, the gymnast is only required to show 75% proficiency on the individual dance elements at Levels I & III. They will not be required to pass the dance sequences in Levels II & IV in 1989-90, all dance testing will be conducted "in gym" by Skill Evaluators.)

Transition from Old to New. The JO Committee has made the following recommendations to assist athletes who have competed within the old system and are making the transition into the new system. (NOTE: This only applies to registered competitive athletes from the 1984-89 program. All new athletes to the program must begin at Level 1.)

Table Two will help the gymnast and her coach determine at which level she may start working within the new program. **Table Three** will show how a gymnast may move from one level to the next level within the same season or from one season to the next.

It is hoped that the above information

helps to answer some of your questions about the new system. For further clarification, the gymnasts' coaches should contact their State Chairman. Future issues of USA Gymnastics and Technique will provide additional information.

Table One

Competition Year	Levels	Skill Requirement
1989-90 (This year)	Levels 5-7	I & III Dance Level (one time) before entry into Level 8
1990-91 (Next year)	Levels 5-7	II & IV Sequences before entry into Level 8 & judged at a dance qualification or in conjunction with a competition.
1991-92	Level 5 Level 6 & 7	II & IV Sequences as above Level 5 Dance

NOTE: This shows the gradual implementation of the Dance Program over the next four years.

*1989-92 - Levels I-IV 75% proficiency in I & III Dance Elements before entry into Level 5

Table Two

Old System	New System
Never competed USGF	Must begin Level I
If 7 yr old Class IV as of last season	Permitted to begin Level 5 Aug. 1, 1989 (this season only)
If former Class IV or IIIc	May begin Level 7 or below
Class IIIc who scored 35 AA (2 times)	May begin Level 8 or below
If former Class IIIc	May begin Level 9 or below
If former Class I, II, A/D	May begin Level 10 or below
Class I scoring 60+ AA	

Table Three

Current Level	Next Level	Exit Requirements
I-IV to...	5	Must pass 75% of each skill in each level, plus Dance I & III
5 to...	6	31.0 AA
6 to...	7	31.0 AA
6 to...	8	35.0 AA twice, plus Dance I & III
7 to...	8	31.0 AA, plus Dance I & III
8 to...	9	33.0 AA (only 8 open divisions may move to Level 9)
9 to...	10	34.0 AA
10 to...	Elite	See Elite Qualifications Procedures in Rules & Policies

By Steve Whitbeck, Director of Educational Services & Talent Hall, USGF Section Coordinator

PRODUCT UPDATE

Gymnastuff Offers A New Gift Idea

GYMNASTUFF, a supplier of novelty items and t-shirts for the past 10 years, is offering a new gift idea for gymnasts of all ages. The item is a stuffed 11" x 6 1/2" gymnast on the beam. It can be either hung up or can stand alone. Price is \$7.99 and ordering instructions can be found on the GYMNASTUFF ad in this magazine.



Alpha Factor Introduces Their New 1989-90 Catalog

ALPHA FACTOR, manufacturer of classic competitive gymnastic apparel that has been worn worldwide for more than 11 years, is introducing their 1989-90 catalog and announcing it, "A year of many changes."

Among these changes are a new toll-free number, payment methods to now include credit cards, and a guarantee on all Alpha Factor products that is unsurpassed in the industry.

Styling and neckline versatility are featured in a dynamic selection of women's gymnastics leotards. Other selections include men's competitive clothing, as well as their largest selection of men's and women's warm-ups ever. Featured are fully-lined polyester



leotards warm-ups — as hardworking as they are beautiful.

See for yourself by writing on school or club letterhead for your free copy to: Alpha Factor, Box 6286, Valley View Road, York, PA 17406. Non-teachers and non-coaches, please include \$2.00

GYMNASTICS UPDATE

continued from page 6

highlights will run continuously. Archives will accommodate the needs of sports historians.

The highlight of the "walking tour" will be the Hall of Fame gallery, where each inductee into the IGHOF will have a place of honor. The unique "Clips" awards (named after last year's inaugural inductee into the IGHOF, Olga Korbut), with each athlete's name inscribed, will be displayed around the perimeter of the room. At the center of the gallery will be a six-foot-high sculpture of the Olympic Flame.

All in all, it's a stunning, ambitious plan. And it's a plan that is ready to become a reality, except for one crucial need—Money. It will take a sizable amount of money to complete the project.

Toward that end, Sundby is busy preparing for the second annual, nation-wide IGHOF Cart-Wheel-Athon. Last year's effort, despite late word getting to gymnastics clubs around the

country, raised more than \$30,000. This year, Sundby hopes to at least double the involvement of the community. (NOTE: See insert box and ad on inside back cover.)

The beauty of the vision matches the beauty of the sport. Now it's up to the sport itself—individual athletes, parents and coaches, athletes, club owners and the USGF—to embrace the idea and help make it a reality.

Cart-Wheel-Athon Raises \$\$ For Clubs and Hall of Fame

Glenn Sundby, president of the International Gymnastics Hall of Fame (IGHOF), is again conducting a nationwide fund raiser to help gymnastics clubs raise dollars while contributing to the preservation of the sport's history.

Last year's first IGHOF Cart-Wheel-Athon raised more than \$30,000, with limited participation. And the concept has great potential for individual clubs as well.

To register for this year's event, fill out the registration form on the back cover of this issue of USA Gymnastics and mail it immediately to the address shown.

You, too, can have your name permanently displayed in the International Gymnastics Hall of Fame. Individual contributions are always welcome. Make your check or money order out to the International Gymnastics Hall of Fame, mail it to International Gymnastics Hall of Fame, P.O. Box C, Oceanside, CA 92054.

Designed Specifically for Gymnasts...

THE NASSAR SYSTEM

**When used in training, the NASSAR SYSTEM
can prevent ankle pain!**

A sharp burning pain is often felt in the gymnast's ankles when landing incompany. This pain is located in the front portion of the ankle between the two ankle bones.

The NASSAR SYSTEM may eliminate or dramatically decrease this pain.

The NASSAR SYSTEM does not prevent any range of motion to the ankle. Therefore, it is not meant to stabilize the ankle after it has been twisted or sprained. The NASSAR SYSTEM can be combined with traditional taping techniques to provide complete ankle protection.

The NASSAR SYSTEM has been used by members of the 1988 Soviet men's and women's Olympic gymnastic teams, and is currently being used by level 6-10 elite gymnasts in the United States and internationally.



Charles Lakes

America's #1 Male Olympian at Seoul Olympics '88

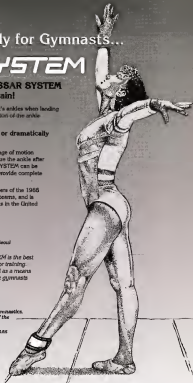
"I feel that the NASSAR SYSTEM is the best ankle brace I have ever used for training. I believe that it should be used as a means of preventing ankle pain while gymnasts are training."



Kevin Brown

*Head Coach of Brown's Gymnastics,
Coach of three members of the
Women's National Team.*

"The NASSAR SYSTEM has helped not just my athletes with pain from short landings but also as a preventative medicine to short landings."



It is recommended that two NASSAR SYSTEMS be purchased per gymnast, one for each ankle. They can be put on fit any size.

\$15.00 per NASSAR SYSTEM

plus postage and handling

(Michigan residents add 4% sales tax)

30 Day Money Back Guarantee

Postage and handling charges for 1-10 NASSAR SYSTEMS add \$1.75.

Add 40¢ for each additional ten (10) NASSAR SYSTEMS ordered

Please send me _____ NASSAR SYSTEMS

I have enclosed my check for _____ made payable to
ATHLETIC MEDICAL TECHNOLOGY INC.

Name _____

Street _____

State _____

Zip _____

Mail to: **ATHLETIC MEDICAL TECHNOLOGY INC.**

33650 Gloster Circle • Farmington Hills, MI 48331 • (313) 661-0400

The NASSAR SYSTEM (patent pending) is a product of ATHLETIC MEDICAL TECHNOLOGY INC. © 1987

Bangerter Wins 1989 U.S. Classic

In the elite senior division, Juliet Bangerter won the 1989 U.S. Classic held in San Antonio, TX, on June 16-18. Bangerter, from Desert Devils in Scottsdale, Arizona is coached by Stormy Eaton. Following closely behind Bangerter, was teammate Sandy Woolsey. Woolsey scored 74,670 to Bangerter's 74,670. Third all-around, from American Gymnastics Training Center, went to Cheri Knight, coached by Bob Lavigne. Knight scored a 74,210.



U.S. Classic Winner, Juliet Bangerter.

Wendy Bruce took top honors in vault with a combined compulsory/optional score of 19,240. Woolsey placed first on bars with 19,240. Bangerter finished first on beam with 18,310 and Kim Kelly from Parkettes took first on floor with 18,990.

In the Elite Junior A division, Karolyi's gymnasts dominated first through fifth in the all-around competition. Kim Zmeskal took the gold medal with a score of 75,225. Silver medalist Erica Stokes scored a 74,20 and bronze medalist Amanda Uhersek scored 73,975. Amy Scher and Kelly Pitzer placed fourth and fifth, respectively.

Zmeskal won the vault and beam events, while teammates Stokes and Uhersek won the bars and floor events.

In the Elite Junior B competition, Karolyi's again placed first all-around thanks to Laura Segundo who scored 73,220. Second place went to Traci Lyn Summer from North Seas with a score of 72,580 and Cara Lepper from C.A.T.S. placed third with 71,70.

Segundo won both bars and beam with scores of 18,275 and 18,550. Summer Reid from Reno Flips won vault with an 18,290 and Jessica Nonnemacher from Berks won floor with a score of 19,050.

Day Of The Child, Sarajevo, Yugoslavia Rhythmic Gymnastics Invitational

By Pauline David

May 23rd is "Day of the Child" in Yugoslavia, and a national holiday, hence the name of the competition. The competition was held as a practice run for the upcoming World Championships in late September. The trip afforded the U.S. delegation a wonderful opportunity to be involved in the rehearsal for this major international competition.

David (nationally ranked 4th, coached by Pauline David) and Jennifer Haase (nationally ranked 5th, coached by Alla Svinisky) were a surprise to the judges and coaches attending the meet. They were both very poised, very charming, and very well-prepared. They quickly became the crowd favorites as well as the topic of comments from judges who were pleased to

see American gymnasts with "European style."

In the end, David placed 5th in the all-around after four Soviet gymnasts, and Haase was 10th. David qualified to all four finals and Haase to two. In finals, David placed fourth in ribbon and hoop — displacing a Soviet gymnast in each event — and Haase and David tied for sixth in rope and ball. David's all-around was 36.75 and Haase's was 36.05. There was a



Laura David, Pauline David and Jennifer Haase

This was one of the first big meets judged by the new FIG Code of Points, and the emphasis was very much on making sure the competitors had all the new requirements in their routines.

The two-Americans, Laura

total of 30 competitors from nine countries.

The U.S. World Championship Team should have a warm reception awaiting them in Sarajevo in September.

Golden Sands Invitational

By Charles Peebles

The U.S. delegation consisted of gymnasts Danna Lieber from *Gymnastics Country USA*, Scott Burr from Brigham Young University, and Emilio Marrero from the University of Illinois. Yohu Hayasaki and Kristi Kraft were the coaches and Charles Peebles was the men's judge. Muriel Grossfeld was the women's judge and delegation leader.



Danna Lieber

There were twelve countries involved in the competition including Australia, Great Britain, Bulgaria, Czechoslovakia, Romania, West Germany, East Germany, Cyprus, Hungary, Soviet Union, U.S.A., Poland and Canada.

Lieber, coached by Kristi Kraft, placed seventh in the all-around with a score of 73.20. She was also voted Miss Golden Sands. Marrero, coached by Hayasaki, placed fourth on pommel horse. Burr, coached by Makio Sakamoto, placed fifth all-around with 108.30, fourth on still rings and fourth on horizontal bar.

World Sports Fair

By Bob Fisher

Japan's World Sports Fair held each year during Golden Week in Japan. Children are excused from school and most families plan vacations and spend time together in that respect it is like our Spring Break in the U.S. The Sports Fair has many activities for the whole family including rock concerts, amusement park games, and various sports contests. The gymnastics competition is only one of several sports being contested that week.

The U.S. delegation consisted of gymnasts Conrad Vooranger and Tim Ryan from Stanford University, Emilio Marrero from the University of Illinois, and Kyle Asano from Stanford Gymnastics Club. Sadan Hamada, head coach at Stanford University, was the U.S. men's coach and Bob Fisher was the men's judge. Women gymnasts were Jennifer McKernan from Eastern National Academy, Jenny Guse from *Gymnastics Country USA*, Nicole Papardo from Kips and Stephanie Woods from Capital Gymnastics. Kristi Kraft from *Gymnastics Country USA* and Dennis Madly from Kips were the women's coaches. Mike Bishop was the trainer and Elizabeth Haley was the women's judge.

On the men's side of competition, only the Japanese fielded a top team. Both the Chinese and East Germans had two of their top men and



Stephanie Woods placed fourth on beam with a score of 9.325.

two younger gymnasts. The Soviet Union brought four young boys. Their strategy seemed to be exposing them to their first international competition. The top scores were Japan with 171.70, German Democratic Republic with 170.150, China with 169.60, Soviet Union with 168.750 and U.S. with 164.20.

Japan's Yukio Katsuro and Daizuka Naohikawa took first and second in the all-around, with scores of 57.75 and 57.00. Third place went to China's Li Ge with 56.75. The U.S.'s Ryan finished tied for 16th with 55.050. Vooranger placed 18th with 54.95, Marrero took 22nd with 54.2 and Asano placed 23rd with 51.65.

During the event finals, Ryan tied for 7th on pommel

horse with 8.85, Vooranger took 8th on vault and Marrero tied for 4th on high bar with 9.550.

On the women's side, the Soviet Union won the team competition with a score of 117.625, Japan took second with 116.80, China placed third with 114.750 and the U.S. team took fourth with 112.30.

Svetlana Bogomolova from the Soviet Union placed best all-around with a 39.625. Second went to Yulia Kuz from Japan with 39.075 and third went to the Soviet's Svetlana Ivanova with 38.775.

For the U.S., Woods placed 10th with 37.4, followed closely in 11th place by Papardo with 37.025. Ester placed 15th with a score of 36.325 and McKernan was unable to finish the competition due to a knee injury.

In the event finals, the U.S. managed to place in the top five on all events except vault. Ester tied for the silver on bars with a 9.850 and placed sixth on floor with 9.125. Woods placed fourth on beam with a score of 9.325 and eighth on bars with 8.750. Papardo placed fourth on floor with 9.675 and seventh on beam with a 8.675.

The trip was a good opportunity to visit and learn about a much different culture than our own. The members of the U.S. delegation took home a better understanding of Japan.

Florida Sunshine State Games

By Marina Davidovich

This year marked the tenth anniversary of the Sunshine State Games, Florida's Olympic-style Sports Festival, which provided Floridians an excellent opportunity to be competitive in 57 different events. It was held in the beautiful city of Gainesville on July 7-14.

Rhythmic Gymnastics competition featured Florida's top 13 athletes. Among the 13 were 1989 U.S. National team members Jennifer Lovell, Jennifer Leach, Beth Ogden and Christy Newman.

Competition started with the rope event. Some highlights were Leach's routine with high leaps and good expressions. Leach took first place with a score of 8.70, followed by Ogden with an 8.55 for a second place, and Paula Hil-

Jennifer Leach

liker with an 8.3 for third place.

In the hoop event, the scores were a little higher! The audience seemed to enjoy Lovell's routine with high tosses, difficult catches — one of them with the foot — and outstanding flexibility. She received a well-deserved score of 9.1.

The all-around winners of the 1989 Sunshine State Games were as follows: Jennifer Leach as first place, with a score of 38.10, from Jacksonville; Beth Ogden in second place, with a score of 34.75, from Miami; and in third place, with a score of 34.6, was Christy Newman from Jacksonville.

Grand Prix Of Rome

By Jon Boulton

The U.S. delegation included gymnasts Marina Neubauer and Mark McKernan, coaches Diane Stockard and Russ Fystrom, and judges Elaine Thompson and Jon Boulton.

The countries represented were Bulgaria, Canada, China, United States, Spain, France, Hungary, Italy, East Germany, West Germany, Romania and the Soviet Union.

The outstanding women in the meet were the Romanians, Aurelia Dobea and Cristina Bontas, along with the Hungarian girl, Kristina Kovacs. The best known entries in the men's competition were Kalofer Hristov of Bulgaria, Mark Belle of East Germany, Marian Ksan of Romania and the two Russians, Paolo Bucci and Juri Chechi. As the results indicate, the Romanian girls and the Italian men were the best prepared athletes in the competition.

Bontas took the all-around title for women with a 39.250. Kovacs and Dobea took second and third all-around with

scores of 38.10 and 38.050. With a score of 9.863, Kovacs won the vault. Bontas went to Dobea with a score of 9.90, and Bontas took both beam and floor with scores of 9.90 and a perfect 10.0.



At the Callesium: Diane Stockard, Marina Neubauer, Russ Fystrom, Mark McKernan and Elaine Thompson.

The men's all-around title was captured by Chechi with a score of 57.950. Second all-around with 57.40 went to Bucci and from the Soviet Union, with a score of 55.80, was Alexandre Vorobiev in third all-around.

Chechi cleaned up in the final round of competition winning horse (9.70), rings (9.675), and parallel bars (9.775). Bucci won the floor with a score of 9.650 and vault with a score of 9.675. There was a first place tie on high bar between Belle and Christin Chevalier from France with a score of 9.650.

Neubauer finished tenth in the all-around in her first international competition with a score of 37.325. Her best score was 9.475 on beam, which was good for sixth place. McKernan finished seventh in the all-around with 34.80.

GYMNASTICS UPDATE

Service Awards Presented

At the recent Junior Olympic National Championships held in Oshkosh, WI, the USGF gave service awards to individuals in their capacity as Regional or State Champions. The following were given Ten Year Service Awards: Mike Thomas, Raleigh Wilson, Dennis Gosnell, Bill Foster and Ron Clemens. The following were given Five Year Service Awards: Dave Strobel, Tim Erwin, Ron Beart, Ralph Orasick, Allen Brooks, Bob White, Hiroshi Fujimoto,

Dave White, Matt Hakala, and Tom Fontecchio. A special plaque was presented to Rich Bocca and Larry Moyer for their years of service as Regional Champions.

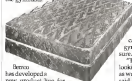
"These individuals are the embodiment of volunteerism at its best," said Robert Cowan, men's program administrator. "They have provided leadership, information, administration and organizational skills in the men's program unselfishly and enthusiastically."

Welcome Bemco

Sleep and Health go hand in hand — that's why Bemco has become involved with the United States Gymnastics Federation. Bemco, a leading manufacturer of sleep products, is now an official licensee of the U.S. Gymnastics Team. President Daryl Tarbutton said, "Amateur athletes are one of the bright spots in the youth of today. Something Bemco is proud to be a part of."

Bemco, headquartered in Des Plaines, Illinois, has been in existence for over 35 years and will be the exclusive bedding industry supplier for the United States Gymnastics Federation.

Last year Bemco was an official sponsor of the U.S. Olympic Committee (USOC) and this year is directly affiliated with the U.S. Gymnastics Team. Tarbutton spoke highly of Bemco's relationship with the Olympic Committee and said that Bemco wanted to be more directly involved with the athletes. Tarbutton added, "Although the Olympics only arrive once every four years, Bemco wants to be involved on a continuous basis. With gymnastics, they have competitions all-year-round and we can have direct contact with the gymnasts."



Bemco has developed a new product line for athletes. The new series of four mattresses and box springs are entitled U.S. Gymnast Gold, Silver, Bronze and Special. The mattresses are different because they have a reinforced center, provided by a health frame, plus



Diane Simpson with Bemco president, Daryl Tarbutton.

a Health Zone Suspension System to give additional support where bodyweight lies. Tarbutton said, "High caliber athletes realize the importance of a good night's sleep — whereas most people take it for granted."

Bemco already has mattresses and box springs on the site of the U.S. Olympic Training Center in Colorado Springs, Colorado. Soon, the Bemco Sleep Sets will be utilized at the new USGF National Training Center in Indianapolis, Indiana.

In the future, Bemco would like to develop relationships with local clubs in order to involve young gymnasts and help them to gain exposure.

"The U.S. Gymnastics Federation is looking forward to working with Bemco as we approach the 1992 Olympic year," said Mike Jacki, executive director. "With Bemco's generous funding and promotional support, the U.S. Gymnastics Team will better be able to achieve their goals — Olympic success."

Thanks Bemco!

Strive for The Best



Colleen Culler
Bismarck, Minnesota Training Center
Des Moines, IA 50314

You've been trained for championship performance. Why settle for less from your health care insurance?

The USGF sponsored Major Medical Plan scores a perfect ten offering:

1. \$1,000,000 limit for each covered illness or injury
2. Pays 80% of covered expenses, after the deductible, up to co-insurance amount, and 100% for the remainder of the calendar year
3. Affordable group rates
4. Choice of three deductibles
5. Non-Smoker Discount
6. Maternity included
7. Optional family coverage
8. \$50,000 Accidental Death
9. \$50,000 Term Life for members
10. Available only for USGF Professional Members and Staff of USGF Member Clubs

For more information, call or write Reeling and Keeling, Inc., the plan arranger/underwriter, at 4701 War Memorial Drive, Peoria, Illinois 61614 (309) 698-6800 or toll-free 800-475-6322

Administered by
John P. Pearl & Associates, Ltd.
Peoria, IL 61614-6470

Underwritten by
FSI
Fidelity Insurance Company

1989 U.S. CHAMPIONSHIPS

BRANDY BUILDS MOMENTUM

Brandy Johnson's momentum just continues to build as she became the U.S. National Champion in Bloomington, MN, in front of thousands of spectators who were spellbound by her magnificent performance. Her audience appeal is evident as the packed arena screamed, "Brandy, Brandy, Brandy!"

The exceptional Johnson is on a roll and it seems nothing can stop her now! She not only won the most important competition in the United States, and three out of five event titles, but she also scored two points above any of her competitors.

Johnson's momentum began at the 1988 Olympics in Seoul, South Korea where she finished an outstanding 10th place all-around. The highballer was a women's finisher for the U.S. Her momentum has continued to build throughout 1989 winning the U.S. Chal-

BY LUAN PESZEK

Photography By Dave Black



large, McDonald's American Cup, McDonald's Challenge, USA - USSR, and the Tournament of Cottbus. There was little doubt that she would become the top U.S. gymnast for the women. Johnson, from Brown's Gymnastics and coached by Kevin and Rita Brown, is currently ranked third in the world behind Daniela Silivas from Romania and Svetlana Bogunskaya from the Soviet Union, according to World Gymnastics magazine, 89, 21.

Johnson attributes her winning success to two factors. "I'm living with my family and my coach, Mr. Brown, and I am working well together," said Johnson.

When asked the question, "What's it like to be the leader in U.S. gymnastics?", Brandy replied, "I don't think of myself as the leader because there's always someone right on your heels." However, Johnson did say that it was nice to finally have a title — National Champion.

After compulsories, Johnson was way out in the lead, followed by Sandy Woolsey, 16, from Desert Devils, coached by Stormy Eaton. In third place was Christy Henrich, 16, from Great American Gymnastics Express. In fourth place was Wendy Bruce, 16, from Brown's Gymnastics and Juliet Bingerter, 15, from Desert Devils, was in fifth place.

After the optional round, the standings didn't change much. Johnson had won the competition and Henrich, coached by Al Fong,

switched places with Woolsey. Fourth place went to Jenny Ester from Gymnastics Country USA, coached by Krish Kraft, and Bruce was in fifth.

Henrich placed ninth at last year's U.S. Championships and was happy with her second place performance this year. In fact, after the competition, Henrich was asked how she felt and her first comment was "Fantastic!"

Henrich's coach has nicknamed her "E.T." for "Extra Tough."

Henrich's coach has nicknamed her "E.T." for "Extra Tough." The nickname seems to suit her well, since she chipped a bone in her neck only two months prior to the Championships, yet still managed to place second in the all-around.

Woolsey, 16, is coached by Stormy Eaton. She had problems on her optional floor routine when she fell on her second pass — round off, flip flop, double full, punch front.



Henrich jumped from third to second in the all-around standings.

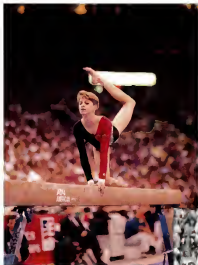
She said, "It really scared me when I fell because I never do that in practice." Fortunately, the mistake only dropped her in rankings by one position, from second to third.

Ester used her optionals to move up in the rankings from ninth place to fourth place. Ester also was the youngest gymnast, at age 14, in the top nine. She finished fifth last year at Championships in the junior division. Kraft said, "Jenny is a very capable athlete and she's not only a good gymnast, she's a good teammate, student and person, as well."

As a first year senior, Ester was pleased to finish fourth. "I was prepared because we have been working very hard. After compulsories I was in ninth, and I knew I had to hit optionals in order to place well," said Ester.

Ester's optional bar score of 9.825 was the highest score of the compulsory and optional rounds of competition. However, Ester did not make bar finals due to an extra swing during her compulsory bar routine.

Wendy Bruce, from Brown's Gymnastics, placed fifth in the all-around due to



As a first year senior, Jenny Ester placed fourth all-around.

a bad event in optionals — vault. Bruce, who normally scores a 9.7 or 9.8 on her Yurchenko full vault, scored only an 8.9 at this competition. She ran down the runway three times without going over the horse because she could not get her steps right. Both Brown and Bruce started to go back to the sidelines when they discovered that she had one more attempt. Fortunately, Bruce blocked out the pressure situation and completed a Yurchenko layout which scored a 9.4. Bruce suffered a .5 deduction because of the missed

attempts at going over the horse and ended with a score of 8.90.

Brown said, "That was a coach's nightmare. The Yurchenko is a very difficult vault and the gymnast must have her steps right in order to attempt the vault. Wendy just couldn't get her steps right."

Juliet Bangerter from Desert Devils was in fifth after compulsories and, in the end, dropped one spot to sixth after the optionals. Bangerter was fairly consistent across the board. Her scores ranged from 9.025 in the optional

vault to a 9.625 in optional bars. Bangerter normally takes a relaxed attitude at competitions, yet, "She doesn't like to get beat," said Katon.

Olympian Chelle Stack, who recently moved to SCATS, coached by Don Peters, fell on a full turn during her compulsory beam routine. After compulsories, Stack was in 14th place. Yet, she didn't let her placement discourage her and went into optionals with a positive attitude.

Kristen Kenoyer, from Parkettes, took eighth in the all-around. Kenoyer, coached by Donna Strauss, had problems on her compulsory beam routine, scoring only an 8.50, which held her down in the all-around standings. Kenoyer's best event was compulsory bars where she scored a 9.70.

Capital Gymnastics' Cheryl Dandas and Stephanie Woods placed ninth and tenth, respectively. Dandas and Woods are coached by Jim and Cheryl Jamett who said, "We are ecstatic."

Dandas did remarkably well considering the difficulties she incurred before the competition. At the Classic meet, she injured her back on a backflip mount.



Bruce balanced her way to a fifth place finish.

"I knew that I was in 14th place and I would have to hit everything to increase my position," said Stack. After every optional event she moved up until she had moved up seven positions to end up in 7th place. "I'm definitely going to work harder on beam and do more repetitions," said Stack. She's looking forward to World Trials and eventually the World Championships.

Then her shoulder began bothering her and prohibited her from working out. She stopped doing routines two weeks before the competition and it was only two days before the U.S. Championships that she did full sets.

"I was happy with my placement considering I couldn't train because of my injuries. I went in the meet relying on past expe-

nence and being mentally prepared versus physically prepared," said Dundas.

And mentally prepared she was — Dundas' compulsory beam score was the highest in the competition. "My strong points are dance and flexibility," said Dundas.

Woods, age 14, was the youngest competitor in the meet. She placed 10th in the all-around at her first U.S. Championships in the senior division. "Three months ago Cheryl and I asked Stephanie what her goals were and she said 'To place in the top 10 at the U.S. Championships.' We told her that she was the new kid on the block, lacked experience and had a lot of work to do. We suggested that she just set her goal to make the U.S. Championships," said Jim Jarrett.

The Jarrett's certainly were pleasantly surprised



Tracy Cole, Juliet Baugert, Sandy Woolsey and Karen Timney get psyched before the competition.

when Woods placed 10th at the competition. "Stephanie was the surprise of all surprises," said Jim Jarrett. "We're extremely pleased. Both Stephanie and Cheryl did outstanding," he added.

Last year Woods placed sixth at Championships as a junior and since then has grown five inches.

The top 20 gymnasts at the U.S. Championships make up the national team and will represent the U.S. at international events. Gymnasts who placed 1-10 are listed above. Gymnasts who placed 11-20 are: Lisa Panstrom from Brown's Gymnastics, coached by Kevan and Rae Brown; Cheri Knight from American Gymnastics, coached by Bob Levesque; Kim Kelly and Jennifer Mercier from Parkettes, coached by Donna Straus; Ann Dixon from Karolyi's, coached by Rick Newman; Diane Cushmanberry from Gymnastics

1990

FANTASTIC

new catalogue from the
most experienced producer
of floor-ex music.

Digital Mastering and
Uncompromised Quality
from the
Barry Nease Studio.

1990 DEMO TAPES - \$5.00

FLOOR EXPRESS

BOX 2800
(303) 688-3777

FRISCO, CO 80443



Country USA, coached by Keri Kraft; Tracey Cole from Dynamo-Gymnastics, coached by Steve Nunn; Maria Neubauer from Great American Gymnastics Express, coached by Al Fong; Robin Richter from Nebraska School of Gymnastics, coached by Peggy Laddick, and Agnes Skripkins from Illinois Gymnastics Institute, coached by Todd Gardiner.

EVENT FINALS

Day three of competition, event finals, Johnson dominated three of the four events to become the vault, beam and floor champion. Johnson competed a Yurchenko full and a front handspring, front pike, with a bail for a score of 9.781. Holly Voorhees from Seguin Gymnastics Jesters,

coached by Ricky Garcia, placed second with a 9.562. Voorhees did an excellent front handspring, front pike and a layout Tsukahara. Kim Kelly from Parkettes placed third with 9.318 and Woolsey placed fourth with a 9.293.

Stack is the uneven bars champion for the second year in a row with a score of 9.725. Hennich placed second on bars with 9.687 and Woolsey placed third with 9.650. Knight placed fourth with 9.137.

Johnson's score of 9.837 earned her the first place title on beam and was the highest score of the entire U.S. Championships competition for women. Second place went

to Hennich with 9.675 and third went to Dondas with 9.575. Bruce placed fourth with 9.450.

On floor, Johnson earned a 9.687 for the first place title followed by Stack's "Rebel Rouser" routine which earned a 9.512. "Energetic"

is the best way to describe spunky Stack's floor routine. She never stays in one spot very long — she's always moving! Third place went to Hennich who scored 9.437 and was followed by Dixon scoring a 9.390 for fourth place.



Introducing the 1989 U.S. Women's National Gymnastics Team.

Elite Expressions

Orchestrated Competitive Music



The Superb Sounds of
Orchestrated Gymnastics Music
for Competition.

1989 Demo Tape - \$5.00

THE MUSIC
EXPERTS

2201 Shad Court
Naples Florida 33962 • (813) 775-2921

1989 U.S. CHAMPIONSHIPS

RYAN REIGNS

BY LUAN PESZEK

Photos By David Black

Tim Ryan, at age 18, became the youngest national men's champion since former U.S. Olympian Bart Conner won as a 17-year-old in 1978. Ryan rallied to win the U.S. Championships on July 7-9, in Bloomington, MN.

"The three R's of gymnastics, especially in 1989, are Ryan, Ringnald & Racanelli."

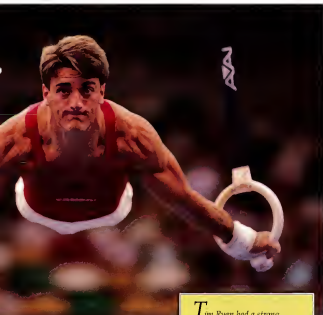
"When I was in school, the three R's stood for the rudiments of a good education including reading, writing and arithmetic. The three R's of gymnastics, especially in 1989, are Ryan, Ringnald and Racanelli," said Robert Cowan, men's program administrator.

Young, strong, talented and hungry, the top three junior program producers have bases on the score to help lead the U.S. into the 1990's.

In addition, the U.S. has three returning Olympians including Lance Ringnald, Kevin Davis and Tom Schlesinger. To round out the national team, add the fine talents of Conrad Voorsinger,

Chasey Umphrey, Patrick Kirksey, John Roethlisberger, James Hanks, David St. Pierre and Chris Walker, and the U.S. has a great group.





Tim Ryan had a strong hold on his competition at the U.S. Championships.

Since 1989 is the beginning of the new quadrennium, this was also the first year for the new compulsories. Cowan said, "Our level of competence on compulsories in this first year is comparable to the third year of the last quadrennium. These kids overall are extremely strong." In fact, after compulsories, less than a half-point separated the top five competitors.

The compulsories were weighted 60 percent and the optionals were weighted 40 percent. The reason, plain and simple, the U.S. compulsories are weak and by weighting them more, the gymnasts will work them more. "It was obvious—the improvements in compulsories between the Winter Nationals, December, 1988, and now. Each gymnast improved on the average of two points," said Cowan.

A new rule put into effect at the Championships was the three "D" rule. Each gymnast must do a minimum of three "D" skills on every event except vault. This is a big improvement in difficulty. For example, in 1988, the Goodwill Games team had a total of 11 "D" skills. Now, most individual gymnasts have at least 11 "D" skills, with most gymnasts having more than 11. "Programs that were put



Chaney Umphrey put some "umph" into his ring routine.

into place a few years ago to improve the U.S. team are now showing their benefits," said Cowan.

Ryan, from Stanford University, led by a slight margin and Ringnald, from Gold Cup Gymnastics, remained in second throughout the entire competition. After compulsories, Umphrey from UCLA was in third and Schlesinger from Nebraska was in fourth place. Tied for fifth were Stanford's Voessinger and Ohio State's Mike Racanelli.

For the men's competition, there were no certainties as to who would become the

national champion. Many speculated that Ringnald would win the title. But Ryan, who was not the favorite going into the competition, ended up as the gold medalist. In fact, Ryan's qualifying score ranked him in ninth position. Many were pleasantly surprised with the improvement they saw in Ryan. At the McDonald's Challenge USA-USA, he placed thirteenth, at the NCAA's he placed sixth and, now at the Championships, he proved his talent by placing first in the all-around.

Ryan is coached by Sadao Hamada and Yung Fei and will be a sophomore at Stanford University this fall.

"After compulsories I was in first and I knew if I hit my optional routine I could win. I'm pleased I did what I came here to do," said Ryan.

Last year Ryan placed 23rd at the U.S. Championships because he said he wasn't in shape and he had three misses. "This year I was prepared and I tried to con-

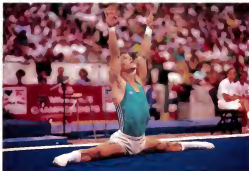
centrate and stay focused on what I needed to do," said Ryan.

Many thought Ringnald would take home the title of top gymnast in the U.S. However, Ringnald was edged out by a slight margin (112.22 to 112.00) and settled for a silver all-around medal.

"I'm not disappointed at all with second place. I'm still going to the World Championships and I think the top competitors will continually flip flop in some order depending on who hits and who makes mistakes," said Ringnald.

Third all-around went to Racanelli, who was ranked number one going into the competition. Racanelli, coached by Peter Kornmann, said, "I can't believe I did this well. I was in fifth after compulsories and my goal was to place in the top three. I almost had a miss on rings but I managed to stand up on the dismount somehow. I'm very happy with third place."

Voessinger, another



Lance Ringnald's precise performance helped him to earn the silver medal.

Stanford gymnast, took fourth in the all-around. Voorsanger had an excellent optional parallel bar routine and tied the top score for that event, 9.65, with Rugeleid. Voorsanger recently placed fifth all-around at the NCAA Championships.

Davis used his optionals to move up from seventh place to a remarkable fifth place in the all-around competition. Remarkable, due to the fact that Davis has been battling a shoulder injury and has only worked full routines for two weeks. When speaking with Coach Francis Allen before the competition, he said, "Davis is going to have to rely on experience. He is physically not at the level he should be for a meet of this caliber." Davis showed he is truly a competitor. He also tied the highest score of the day on high bar with a 9.80.

Schlesinger placed sixth in

the all-around. He was the top finisher in high bar with a combined compulsory and optional score of 19.320.

Thirteenth place spot went to Umphrey, coached by Art Shurlock and Yehim Furman. Umphrey, 18, said, "This is my third Championships. I didn't have a goal coming in. I just wanted to hit my routines."

Umphrey encountered misfortune when he broke his foot doing a double layout about three-and-a-half months ago. "Actually it might have helped me because I did a lot of strength



Conrad Voorsanger displays his high flying release move.

Championships, however, he had a bad day in the compulsory round of competition and ended up lower than expected.

Roethlisberger, from Twin Cities Gymnastics, placed ninth all-around. Roethlisberger is following in his fam-

ily's tradition of gymnastics success. Fred Roethlisberger, John's father, was an Olympian and now is the men's head coach at the University of Minnesota. Marie, John's mother, was also an Olympian and now competes for Minnesota. "I hope I made my family proud. I think I did," said Roethlisberger.

Roethlisberger broke a finger on parallel bars with one event, high bar, to go. He competed high bar with his injured finger and even scored a 9.70.

Hauka, from the University of Oklahoma and coached by Greg Burwick, placed tenth in the all-around. Hauka, 19, has made a tremendous improvement since the Worl-

er Nationals where he placed 18th in the all-around. St. Pierre and Waller, from UCLA, placed 11th and 12th respectively in the all-around. St. Pierre, 22, placed third and Waller, 20, placed eighth at the 1989 NCAA Championships.

These top 12 gymnasts make up the U.S. Senior National Team. The Senior Elite Development Team includes: Scott Keszewski from UCLA, coached by Art Shurlock and Yehim Furman; Dan Zimpher from Minnesota, coached by Russ Fystrum; Jeff Lutz from Gymnast Factory, coached by Kevin Maurka; William Roth from Temple University, coached by Fred Turelli; Bob Steller from Nebraska, coached by Francis Allen; Charles Loop and Kyle Asano from Stanford, coached by Sadao Hamada; and Tong Fei, Chris Kabat from Hawkeye Gymnas-



Introducing the U.S. Men's Senior National Team

tics, coached by Tom Duen, Kerry Huston from Culham's Gymnastics, coached by Jim Culham, and Summer Darling from International Gymnastics School, coached by Gene Watson.

The top seven on the senior national team will represent the U.S. at the 1989 World Championships in Stuttgart this October. Their progress will be evaluated at the Olympic Sports Festival, training camps and intersquads in order to insure that the U.S. has the top seven gymnasts. A gymnast who is not performing to his potential can be replaced by one of the other senior national team members.



Raganelli earned a 9.6 and the gold medal on floor.

EVENT FINALS

Raganelli became the floor exercise champion during the event finals. His most powerful, tumbling pass included a full-in back-out im-

mediate flip flop, punch front one-and-a-quarter. He dismounted with a full-on, back-out and then ran off the mat with his feet in the air and a smile from ear-to-ear. His nearly flawless routine earned him a 9.60—tying for the highest score of the day.

Olympian Davis is the pommel horse champion with a score of 9.50.

UCLA's Keswick is the new still rings champion with a score of 9.725. "Keswick probably missed the senior national team because of a miss on rings, yet came back to win the event in finals," said Cowan.

William Roth from Temple University is the new vaulting champion with a score of 9.375.

The parallel bars champion for 1989 is Woomonger with a 9.60 and the horizontal bar champion is Ryan with a score of 9.70. Both are from Stanford University and ready to make their mark on the national and international gymnastics scene.

To order contact your local AAI American Dealer

West Coast

Box 101
Alhambra, CA 91801
(818) 438-0882

Midrange Distribution

701 E. Main Street
Beverly Hills, CA 90210
(818) 228-4000

Southwest Sports

Box 101
P.O. Box 420052
Tucson, AZ 85742
(520) 287-5275
(602) 421-4242

LA & S Sports

4871 Capistrano
Van Nuys, CA 91410
(818) 707-1588

Great Lakes Sports

Box 101
1411 Highway Avenue
Livonia, MI 48150
(313) 422-3262

Mid-States

Box 101
Professional Dr.
1010 South Road
Cherry Hill, NJ 08002
(609) 484-0422
(609) 484-1814

North Atlantic

Box 101
Professional Dr.
1010 South Road
Cherry Hill, NJ 08002
(609) 484-0422
(609) 484-1814

North Atlantic

Box 101
Professional Dr.
1010 South Road
Cherry Hill, NJ 08002
(609) 484-0422
(609) 484-1814

North East

Box 101
P.O. Box 22000
Carmel, NY 12020
(518) 452-5822

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

AAI Sports

Box 101
P.O. Box 100
P.O. Box 100
New York, NY 10001
(212) 463-1001

New... from AAI American



NEW! GYMNASTIC GROUPS

Great looking, great and created in great pairs. Available in sizes 4-12. You can trust American Athletic to deliver top quality gymnastic gear to your store, when you need them.

Women's Road Grip, \$22.99/pr.
Men's Road Grip, \$22.99/pr.
Beginner's Grip, Soft Leather, \$12.75/pr.
Beginner's Grip, Regular Leather, \$4.75/pr.

Manufactured for sale by A. I. Stone



GYMNASTIC SHOES THAT FIT!

Synthetic soles. Comfortable lining. Perfect heel. 60% less size. 2-10 American Athletic is your single source for quality gymnastic equipment and accessories!

AAI Synthetic Shoes, \$42.00/pr.

By order direct, send first today
(if not otherwise) to:



American Athletic, Inc.
200 Research Ave., Jefferson, NJ 08013
(609) 247-2010 outside NJ
(212) 484-1010 in NJ
MA, 515-284-4444

All products made in U.S.A.

Problem?



There's never been a shoe like this before! The Pegasus Olympian (Patent Pending) has solved the problems of the blow-out heel shock and Lardus side wear.

To demonstrate our commitment to product excellence Pegasus is proud to announce a new 6 month warranty on our new offerings. We believe our products are built to perform, period. So if you want to produce how did the competition... if you want solutions by Pegasus!

Proquest Dermatology Development, Inc. / 6500 Madison St. / Walnut Ridge, CO 80009

To order direct, Order by phone or mail. Check
include EFT-NC shipping (ECommerceUSA). Make
in USA. **Call collect (703) 434-3888. FAX (703) 434-3889**



Official sponsor and supplier of the Canadian Gymnastics Federation



Stop painful ankle problems

*Used by leading professional, collegiate and amateur athletes
to stop painful ankle problems.*

Preventive surface laparotomy with Swede-O Universal arthro braces. Proven effective and durable in years of testing and use, Swede-O Universal arthro braces are equal to or better than arthrolysis type with no harmful side reactions.

Seeds—Ovaries with beaks are quickly easily and consistently applied by the stink bug. It is as easy as putting on a shoe. They are suitable: weathable and parentless (no full grown larvae).

Keep your flexibility and strength while protecting your spine from injury or re-injury. Permanently reduced by leading spine care professionals worldwide.



Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099
1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	

[illegible]

1997-1998 1999-2000
 2000-2001 2001-2002

[illegible]

RESEARCH TO GO

[illegible]

to order, please \$29.50 each or \$45 per pair (includes all taxes and delivery charges)

W	H	DATE	QUANTITY	PRICE	TOTAL

1. **Introduction**

[illegible]

100

000000

[illegible][illegible]

1000000

100 1000 10000



1000

Unique Industries
PO Box 8000
Boca, Michigan 48907

TIM RYAN

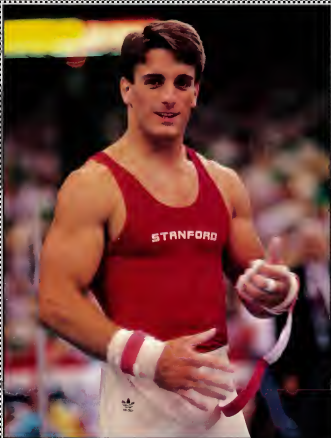
At the age of 18, Tim Ryan became the youngest U.S. National Champion since Bart Conner in 1975. Ryan, from Center Valley, Pa., is excited, yet realistic, about his victory.



"I'm psyched about how I did, but I realize I have a lot of work to do for the World Championships in Stuttgart," said Ryan.

Ryan, a sophomore at Stanford University, maintains a high grade point average and hopes to major in engineering. At the '89 U.S. Olympic Festival in

BY to major in engineering. At the '89 U.S. Olympic Festival in
LUAN Oklahoma, Ryan talked about his recent National Champion-
PESZEK ship title and his preparation for the World Championships.



TIM RYAN



Q: It seems everything just came together for you at the Championships. How can you explain this?

A: My efforts throughout the entire year finally came through for me. I peaked perfectly. All the little things that I've been working on finally paid off. I trained more intensely for the Championships than I have for any other competition — both in quality and in quantity.

Q: Where do you see yourself in one year at the 1990 U.S. Championships?

A: You would wish your job. However, I want to be good as that motivates me. Also, my coaching staff motivates me to do well. Tong Fei and Seiko Hamada are as much a part of my winning as I am — they are great coaches.

Q: Is there anyone you look up to in the field of gymnastics?

A: Tong Fei was a great gymnast. He was a World Champion from China and he knows what he's talking about. He pushes me further than I think I can go — past the limit. He also makes



sure I work on my weaknesses such as splits and flexibility, in general, and handstand position.

Q: One difference, many have pointed out, regarding the new national team is that they are bigger and stronger than before. Do you think that is a new trend we're heading toward, or is it a coach-

A: I try to keep my mind focused and not get distracted. I do mental exercises by sitting down, relaxing and doing my routines in my head. I usually don't smile at meets much because I have to be intense to do well. Everyone jokingly pulls at me because I always look mad and grumpy at meets, but that's just how I compete best.

Q: The Olympic Festival is usually a "fun" and relaxed event. However, this year's festival is different due to the World Championships. Do you feel a great deal of pressure to perform well?

A: It's not like the last Olympic Festival season. This meet is more like a training period. The senior team has been concentrating on compulsories because we're much weaker in that area on the international level. We haven't done many optional routines in our training preparation for this competition.

Q: What do you think about weighting the compulsories 60 percent and the optionals 40 percent in order to figure the all-around scores?

A: I think it's great. As I said before, we're much weaker than other countries on compulsories and since the compulsories count more, we will work them more. This rule will make us stronger on the international scene. We're not far behind everyone else in optionals.

Q: Are you looking forward to the World Championships in Stuttgart?

A: Yes. It will be nerve-wracking, but I'm looking forward to it. The U.S. men's senior national team will be training three weeks prior to departure at the new USGF National Gymnastics Center in Indianapolis. It will be a good time to work together as a group.

Q: What are your future gymnastics goals?

A: I would like to be ranked in the top 10 in the World by the 1991 World Championships in Indianapolis, Indiana. I would also like the U.S. team to be as strong as they were prior to the 1988 Olympics.

I usually

don't smile

at meets

much because

I have to be

intense to

do well.

A: I see myself doing more difficult. Because of this, I may be less consistent. Right now, I'm working on a full-twisting triple back dismount off high bar and a Yurchenko vault. In one year, I'd like my compulsories to be much more consistent, too.

Q: Where do you see yourself in four years?

A: Well, I would like to compete in all the major competitions, including the 1992 Olympics in Barcelona, Spain. That is a long way off and I'm more interested right now in competing well at this year's World Championships and next year's Goodwill Games.

Q: What motivates you?

A: It's kind of ironic. I'm very competitive but I don't like competitions. I get stressed out,

dance?

A: I think gymnasts are getting bigger. We look to the Soviet Union for the lead and it seems the Soviets are more bulky and bigger than before. I don't think it matters how big or small you are as long as you're strong.

Q: You have been called "a product of the junior program." Can you explain what that means?

A: Chauney Dumphrey, Lance Ringwald and I have all competed together since our grade. We've been restructuring the junior program and the efforts are beginning to show up. Inside the junior national team in 1988 and all three of us have been intensely rivals since that time.

Q: How do you mentally prepare before a competition?

10 UNIQUE GIFTS FOR A PERFECT "10"

A - DEFINITION

When Letters/Red Shirt

gymnast (are said) Mean per-
forming to female all species. 1
expert in gymnastics (a) one
whose parents would have jobs to
pay for private lessons. 2 one
who performs well under stress
(a) competes calmly before
crowds yet suffers anxiety dur-
ing school tests. 3 one who is
well coordinated (a) has the
ability to balance body on one
leg even yet cannot bend over to
pick up clothes off floor of her
room. 4 woman of proper ath-
letic ability (a) has new body
suit for each day of practice.

B - GO FOR IT

Red Letters/White Shirt



G - STUFFED DOLL

ON BEAR

11" x 6"

ONLY \$7.99



C - PRAYER

Black Letters/Pink Shirt

The Gymnast Prayer

Make us 3 teams up for this meet.

3 pray my competition 3 can beat.

And if 3 fail admit the chyme.

3 pray 3 can hold back my tears.

And our more thing success or not.

3 pray the creator of the beam be about.

I - SURVIVED

Black Letters/White Shirt

I SURVIVED



the
BALANCE BEAM

3 - 7 STUFFED BEAR WITH

WHITE T-SHIRT

RED SLEEVES and LETTERS

ONLY \$7.99



BRING TO MEETS

FOR "GOOD LUCK"

D - EXCUSE

When Letters/Pink Shirt

LACK CONFIDENCE

I'M AFRAID OF HEIGHT

BARS WEREN'T SET RIGHT I RIPPED ON BARS

VAULT RUN WAS TOO SHORT

LEOTARD WAS TOO TIGHT

FLOOR MUSIC TOO LOW

CROWDS MAKE ME NERVOUS

MY STEPS WERE OFF

FORGOT LUCKY STUFFED ANIMAL

JUDGES DON'T KNOW TALENT

FLOOR HAD NO SPRING

FORGOT MY BEAM SHOES

THE BEAM WAS SLIPPERY

COACH CALLED WRONG VAULT

N&L - BUTTONS—\$1.50

NO ONE LETTERS ON REAR

K STOP
PARENT ABUSE
ELIMINATE
GYMNASTIC
MEETS

2 1/2"

L-
LUV
A
GYMNAST

3"

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TELEPHONE _____

ORDER BLANK

STYLE NO. _____ SIZE _____ QUANTITY _____ AMOUNT _____

TOTAL _____

Postage & handling \$2.99

N.Y. State residents add 7% tax _____

TOTAL ENCLOSED _____

T-SHIRTS

ONLY
8.99

SIZES: Child - 10-16
Adult: Small - Medium, Large
All Shirts \$9.95 - Made in U.S.A.

GYMNASTUFF
185 Thunder Road
Holbrook, N.Y. 11741
(516) 472-3074

STAINED GLASS

3" SUNCATCHER



\$2.99

DISCOUNT RATES FOR GYMS & BOOSTER CLUBS

ALL ITEMS IN STOCK

ZEALOUS

U.S. OLYMPIC FESTIVAL

ZMESKAL

BY L U A N P E S Z E K

Great Things Come in Small Packages.

The '89 U.S. Olympic Festival certainly proved the validity of this old expression. Of the top 10 competitors, the average age was 12, the average height was 4'4" and the average weight was 70 pounds. These gymnasts were small, impressive and loaded with talent!

This year's '89 U.S. Olympic Sports Festival, held in Oklahoma City, Okla., also served as the U.S. Women's Junior National Championships. Therefore, not only did the juniors compete on teams from the North, South, East and West, they also competed for the 16 spots on the Junior National Team.

Kim Zmeskal from Karolyi's in Houston, Texas, and Shannon Miller from Dynamo Gymnastics in Edmond, Okla. were the favorites to win the competition since they each won a Classic competition prior to the Olympic Festival.

After the first round, the compulsories, the Karolyi crew was running away with the most. Zmeskal was in first followed by three of her teammates (including) Amanda Uhersek, Eric Stokes

and Amy Scherr. Miller was in fifth and the other two Karolyi's, Hilary Garvich and Kelly Pitzen, were in sixth and seventh places. Coaches Bela, Martha Karolyi and Rick Newman had six gymnasts in the top seven positions.

"I'm very proud of them," said Bela Karolyi. "This is the most exciting year ever for me because there's something new on the horizon. These little ones are more strong and ready than any generation before. They've grown up here in the gym among the competitive atmosphere."

The Karolyi kids hung tight throughout the optional round of competition. The only two to break in with the Karolyi gymnasts were the impressive Miller, who placed third, and the Parkettes' Jana McQuinn, who placed seventh all-around.

The Junior National

KIM
ZMESKAL
JUNIOR
NATIONAL
CHAMPION

Championship title went to 4'3" Zmeskal, with an all-around score of 75.725.

"I knew I had to hit and stay confident and then everything would follow according to the plan," said Zmeskal.

Karolyi added, "Kim's performance on the balance beam pleased me the most. Her last event was beam and she was in the lead. She handled it very well. Kim is explosive, strong, competitive (as she proved today) and these are the characteristics of a good gymnast."

Another standout at the competition was Eric Stokes, also from Karolyi's. With a score of 74.825, Stokes took the silver medal for second place. Stokes' most impressive performance was the balance beam where she scored a 9.675. Stokes performed a layout with a full twist to a swing down — popularized

by the Soviet Olympic Champion, Elena Shushunova.

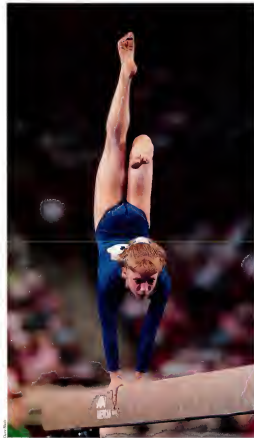
Miller is small but growing big — that is growing into a big-time gymnast. At 4'3" and 55 pounds, Miller was the smallest of the 4000 athletes at the Olympic Festival. She placed third in the all-around with a score of 74.700.

Miller was in second place going into her last event, floor. However, she missed her last tumbling pass, a double back, and scored only a 9.10.

Steve Nunn, Miller's coach, said, "Sometimes a coach can make strategic decisions during the competition, but we decided to go all out. Shannon's missed that double previously, but she's also made it. We knew she would make the national team and, since these are the developmental years, second or third place doesn't matter. Winning will come in time."

The next three positions in the all-around were occupied by the Karolyi kids, including Uhersek, 74.675, Pitzen, 73.70, and Scherr, 73.60. They placed fourth through sixth, respectively.

The 4'5" and 65 pound Uhersek scored a 9.625 on beam, her best event of the day. Her



The explosive Kim Zmeskal placed first in the all-around.

unusual Russian folk song music for her floor routine attracted a great deal of attention from the crowd. The music resembled the sound of a bird.

Pitman, 13, may be taller than her teammates but just as talented. Pitman, like her teammate Uherek, scored her highest mark on bars with a 9.450. Pitman improved her standings since last year at Championships. She tied for 12th in the all-around last year and this year placed fifth.

Scherr, 14, didn't compete to her capability, perhaps due to her injured leg. On floor, she nearly fell on her last tumbling pass, a double back, but stepped out of bounds and saved it. She also had a tough time on the bars — missing both of her release moves.

"Bars is my favorite event and usually my best event," said Scherr.

However, Scherr pulled it together on beam, the last event, to score a 9.650 and managed to place sixth in the all-around.

"I have an excellent impression of all the girls. They have the dedication, drive and goals," said Karolyi. "We see childish mistakes but these little ones are children. You also see great performances."

Seventh all-around, with a score of 73.150, was Jana McQuowen. Her five year ballet background was obvious from her well-performed floor routine. In fact, McQuowen and Zmeskal tied for the top compulsory/optional floor score with 19.0. McQuowen teamed at Parkettes in Allentown, Pa., with Bill and Donna Sosnos.

Karolyi's Hilary Grwisch scored 73.125 all-around for an eighth place finish. Grwisch, 12, has come up the gymnastics ranks very quickly. She competed class IV in 1987, moved to class III in 1988 and



Erica Stokes' outstanding performance on the balance beam earned her the gold medal.

now placed eighth all-around in an elite competition. Her best event was beam where she scored her highest score of the day, a 9.40.

Gina Jackson and Lara Reardon rounded out the top 10. Jackson, from Dynamic Gymnastics, scored 73.00 and Reardon, from Parkettes, scored 72.60.

Along with these top 10 gymnasts the next six in the all-around will make up the U.S. Junior National Team. They include: Denise Ferro from Charter Oak Gliders in California, and coached by Steve Rhybock; Dominique Dawes from Hill's Angels Gymnastics Team in Maryland, and coached by Kelli Hill; Jennifer Jones from Gymnastics Country USA in Oklahoma, and coached by Kruti Kraft; Danielle Wood from American Twisters in Florida, and coached by Tim Rand; Heidi Kaye from Parkettes in Pennsylvania, and coached by Hill and Donna Strauss; and Lizzy Walker from Oklahoma Gymnastics Training Center



The 4' 5" Amanda Uherok placed fourth in the all-around

in Oklahoma, and coached by Cory Roberts.

These gymnasts make up the junior national team and will travel to international competitions representing the U.S.

TEAM COMPETITION

In the team competition, the East team dominated the competition, scoring nearly three points above their nearest competitor, the North. The East team included: junior national champion Zmeskal, Stokes, Schers, Ferro, Beth Knierman and Lara Humphrey. The second place North team included: Miller, Jackson, Jones, Wood, Walker and Kristen Lyon. The South team placed third and included Kaye, Margaret Ulett, Jana Reardon, McQuinn, Tami Swartz and Dawes. The West team included: Amber Doi, Cornich, Uherok, Pitzen, Tami Poggemeyer and Elizabeth Okino.



Shannon Miller became the new junior national bar champion.

EVENT FINALS

The nearly sold-out Mynard Center crowd watched in awe the top six performers on each event. This crowd may be the first to catch a glimpse of the U.S. gymnastics future.

"This post-Olympic year is the time to bring out the new generation in gymnastics. This group of gymnasts at this competition is the best group I've ever seen at this stage," said Bela Karolyi.

"Bela is very correct in saying these juniors are where the future lies," said Nunnio.

Both coaches agreed that the scores are doing a great job but the U.S. also has to concentrate on bringing up a good group of juniors.

After seeing some magnificent performances in the finals, many were believers that this group is the cream of the crop, and, perhaps, future Olympians.

Scherf won the vault with a score of 9.462. She did a Yurchenko layout with a full

twist on the first vault and a Yurchenko layout the second vault. Scherf's triumph was escalated by the fact that she had an injured leg. She certainly proved she was a true competitor.

Zmeskal and Reardon, both 13, placed second and third on the vault with scores of 9.450 and 9.350, respectively.

Nunnio-coached Miller became the junior national bar champion with a score of 9.70. With the crowd yelling, "It's Miller Time," Miller, 12, performed the only full twisting double back flyaway dismount on bars.

Second and third place on bars went to Usherek and Reardon with scores of 9.675 and 9.625.

A score of 9.75 earned Erica Stokes the gold medal on the balance beam. Stokes' elegant style on the four-inch-wide beam made it seem like she's on the floor. There was a tie for the silver medal on balance beam between Zmeskal and Scherf with a score of 9.70. Not only was

Stokes, Zmeskal and Scherf impressive on the beam but so were the other three finalists. Each junior stuck her routine with the beam scores ranging from 9.425 to 9.75.

The zany Zmeskal scored 9.75 on her routine to become the floor champion. During Zmeskal's Russian folk floor routine, she clapped, waved, and totally entertained the audience, not to mention her powerful tumbling, including a full-in for her first pass, a round off flip flop, whip, flip flop, to double back for her second pass and a double back dismount.

Usherek and Reardon placed second and third on floor with scores of 9.70 and 9.65.

All in all the juniors are hot! It looks like the U.S. has a great group of young, talented gymnasts to represent the U.S. in future world events. ■■■■■■■■■■

PORCELAIN FIGURINES!



ACTUAL, 18.000 IN. 10.000 IN. 10.000 IN.

Limited Edition Collector's Item

\$29⁹⁵ ea. Ppd.

14-Karat Gold-plated Necklaces

\$6⁹⁵ ea. Ppd.

Checklist is a check list

_____ Porcelain Figurine	_____ \$29.95
_____ Porcelain Figurine	_____ \$29.95
_____ 14-Karat Gold-plated Necklace	_____ \$6.95
_____ 14-Karat Gold-plated Necklace	_____ \$6.95
_____ 14-Karat Gold-plated Necklace	_____ \$6.95
_____ 14-Karat Gold-plated Necklace	_____ \$6.95

Call toll-free 1-800-762-7622 for more information. \$2.00 shipping and handling fee. \$2.00 per item. \$2.00 per item. \$2.00 per item.

ORDER FROM GYMNASIA CLASSICS
323 Broadway, Queensbury, NY 12254

RINGNOLD U.S. OLYMPIC FESTIVAL RETALIATES

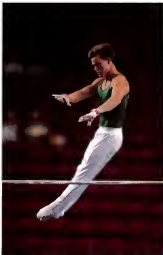
BY LUAN PESZEK

The '89 U.S. Olympic Festival competitions showcased the top 12 seniors from the U.S. Championships and 11 top juniors. Each team was made up of both juniors and seniors in order to even out the teams. The competition was very beneficial because it gave the juniors a chance to train with the seniors and it gave the seniors the opportunity to practice as a group for the World Championships in Stuttgart this October.

Lance Ringnald, who recently placed second all-around behind Tim Ryan at the U.S. Championships, scored 58.2 to win the Olympic Festival title in Oklahoma City, Okla. Not only did Ringnald win the competition, he also scored 1.5 points above his nearest competitor, Chaney Umphrey.

"This meet was more relaxing than the U.S. Championships," said Ringnald. He modestly added, "It could have been anyone winning the all-around. I think you'll see all of us switching places—we're definitely interchangeable."

Ringnald trains at Gold Cup in Albuquerque, N.M., with his coach, Ed Burch.



Lance Ringnald - '89 U.S. Olympic Festival Champion.

Umphrey, who attended UCLA in the 1988-89 season, is also from Gold Cup and trained with Burch.

"I was happy for Lance but I was even more excited for Chaney because of all the problems (injuries) he's had in the past," said Burch.

Umphrey was not only happy with his performance, he was happy to be able to compete with his younger brother, Greg. Greg Umphrey is a junior and also trains at Gold Cup.

"This was the first time I've competed with my brother in the same meet. I thought it was great, except I couldn't watch his pommel horse routine because he made me too nervous," said Chaney. Greg, 16, placed seventeenth in the all-around competition — 14th among the juniors.

Third all-around went to Umphrey's teammate at UCLA, David St. Pierre. St. Pierre, coached by Art Saurock and Yefim Furman, scored 56.55 and was on the heels of Umphrey, getting beat by only .15.

"I love this meet. Being on teams makes the competition real exciting," said St. Pierre. He added, "I also like the way the meet resembles the Olym-

pics and everyone treats you like Olympians."

St. Pierre placed 11th at the U.S. Championships.

"I didn't have a good meet that day," said St. Pierre. "Today I competed more like normal."

In fourth place, with an all-around score of 56.50, was Mike Racanelli. Racanelli, coached by Peter Korman from Ohio State University, earned the highest score of the day — a 9.90 on his superb floor routine. When asked how his floor routine felt, he replied, "Painful."

"I hit my foot on high bar and then I had to do a floor routine so I was trying to stand up on all my tumbling passes. Being cautious actually helped my routine," said Racanelli.



With past injuries behind him, Chainey Umphrey comes back strong to place second all-around at this year's Olympic Festival.

"I THINK YOU'LL SEE ALL OF US SWITCHING PLACES - WE'RE DEFINITELY INTERCHANGEABLE," SAID RINGNOLD.

Tied for fifth with an all-around score of 56.25 were Patrick Kirskey and Tom Schlusinger, both from the University of Nebraska.

Tim Ryan, 1989 National Champion, placed seventh in the all-around with a score of 56.050.

"I was at my lifetime peak at the U.S. Championships and then I crashed both mentally and physically. I am preparing for Worlds and will be ready to do well," said Ryan.

John Roethlisberger, Jarrod Hanks and Chris Waller rounded out the top 10 in the all-around competition with scores of 56.0, 55.95 and 55.8.

Roethlisberger, 19, will be a freshman in the fall at the University of Minnesota where his father, Fred, is the coach. He placed ninth all-around at the 1989 U.S. Championships.

Hanks attends the University of Oklahoma — the site of the Olympic Festival. Therefore, he was a favorite with the crowd. Jarrod placed tenth at this year's U.S. Championships.

Waller, 20, attends UCLA and placed 12th at the U.S. Championships.

TEAM COMPETITION

The East team won the all-around team competition scoring only 4 above the second place team, the South. The East team, coached by Sadoo Hamada, consisted of Mike Mosurek, Darren Elg, Mark Seyler, Racanelli, Chainey Umphrey, and St. Pierre. The South team, coached by Mike Thomas, included Brad Hayashi,



David St. Pierre — Bronze medalist in the all-around.

Marcus Jordan, Dennis Harrison, Ringwald, Schlesinger, and Hinks. Third place went to the North team, coached by Peter Kornmann. The members included Scott Barnes, Kip Simons, Greg Umphrey, Ryan, Kevin Davis, and Reithelberger. The West team, coached by Bobby Knight, included Jan Lynch, Sumner Darling, Bobby Kiefler, Conrad Voezinger, Kirksey and Chris Waller.

FINALS

Ringwald was the only gymnast to make finals in every event. He walked out of the Myriad Arena with three gold medals—high bar, parallel bars and floor exercise. When asked if he was better at those events than the other three, he said, "I'm usually very consistent on all six events. In finals, I'm competing against guys on their strongest event so it makes it real challenging."

Kirksey and St. Pierre placed second and third on floor with scores of 9.65 and 9.60. Racanelli, who scored a 9.90 on floor during the all-

around competition, tried to execute more difficult tumbling passes and had a fall.

"I was kind of upset because I had a great floor routine going and I was thinking all I have to do is land my dismount for the gold. I came up short on my last tumbling pass and scored only a 9.5," said Racanelli.

Waller's 9.70 on pommel horse was good enough for a gold medal.

"I was pretty confident going into this competition. At Championships, I did poorly because I was too worried about it. I tried to just do good gymnastics and I seem to be much better off," said Waller.

With scores of 9.60 and 9.40, Ryan and St. Pierre placed second and third on the pommel horse.

Ryan came back to win the still rings event with 9.750. "It meant a lot to me. I think the key to winning was to stick my (double layout) dismount," said Ryan.

Second place on still rings with a score of 9.70 went to Racanelli and following close behind in third was Schlesinger with a score of 9.65.

The vault event went to



Racanelli with a score of 9.70.

"I knew I needed good heel drive and shoulder angle. I haven't been doing it very well in practice but I hit it in the meet," said Racanelli.

Kirksey and St. Pierre tied for second place on the vault with scores of 9.60. ♦♦♦♦♦

A confident Chris Waller displays his gold medal pommel work during his floor routine.

GYMNASTICS SPECIALTIES

Unique gift items for your gymnast

PINS
BUTTONS
JEWELRY
STASH BOXES
DESK TOPPERS
ROOM SIGNS
WOODEN GYMNAST
KEY RINGS
T-SHIRTS



CLEVER CREATIONS

PENCILS
PENS
STATIONERY
NOTEBOOKS
NOTEPADS
SUNCATCHERS
WHISTLES
EMBROIDERY HOOPS
...AND MANY MORE

WHOLESALE PRICE LISTS
FOR CLUBS

2045 Helderberg Ave.
Schenectady, N.Y. 12306
518-356-2233

FREE PERSONALIZATION
AVAILABLE

SIMPSON

U.S. OLYMPIC FESTIVAL

SHINES

BY L U A N P E S Z E K

A great deal was at stake at this year's '89 U.S. Olympic Festival — at least in the eyes of the rhythmic gymnasts. The reason the competition was so important? It served as a trial for the World Championships.

Rhythmic gymnasts' all-around scores from the Olympic Festival and scores from the National Championships were added together to determine the three gymnasts and an alternate who will travel to the World Championships in Sarajevo, Yugoslavia on September 27 - October 1. Therefore, this was not just another competition. In front of a standing-room-only crowd in Yukon High School in Yukon, Okla., the gymnasts were in peak condition and eager to compete for a spot on the World Championship Team.

The top all-arounders from the National Championships were Alexandra Feldman (36.50), Diane Simpson (36.35), Jennifer Lovell (36.00), Laura David (35.30) and Jennifer Hasee (35.20). And it wasn't coincidence that these same names were at the top of the list after the first round of competition. Positions changed slightly but the



Left to right: Alexandra Feldman, Diane Simpson and Jennifer Lovell earned the right to compete at the World Championships.

names did not, with the exception of David, who was unable to compete due to illness.

After round one, Simpson, the only 1988 Olympian to return to competition, was in the lead with a score of 37.800. Simpson started as she scored: 9.4 on rope, 9.45 on hoop, 9.60 on ball and 9.40 on the ribbon routine. Following behind Simpson was Lovell, coached by Mary Ellen Holdrath, with a score of 37.150.

"I got the highest all-around today that I've ever received, but I still can improve in all four routines tomorrow," said Lovell.

Feldman, 1989 National Champion, scored 36.80 for a third place standing.

"I'm not at all happy with my performance. I can do a lot better. I just need more confidence tomorrow," said Feldman.

Alla Seivsky, Feldman's coach at L.A. Lights, shed some light on the third place finish when she said, "Shura [Alexandra's nickname] has two new and difficult routines — hoop and rope. The Olympic Festival is the place to try them out and I'm sure she will pull through tomorrow."



In her first Olympic Festival competition, Jennifer Haase from LA Lights placed fourth all-around.

Feldman's new rope routine was performed to the music, "Great Balls of Fire."

"I like the upbeat, fast-paced music," said Swirsky. In fourth place was Jennifer Haase with an all-around score of 35.450. This was Haase's first Olympic Festival competition.

"I want to come back strong in round two. I want to go to the World Championships," said a determined Haase.

FINALS

During the warm-ups before round two, Simpson could be found with her radio headset tuned in to "One Moment in Time." Feldman was at the top of the bleachers mentally preparing for the competition, and Lovell seemed to never stop working out. These athletes remained in the top three posi-

tions throughout the entire competition.

Nora Hitzel, USGF rhythmic program administrator, said, "Consistency is the key at this competition because both all-around scores from day one and day two are added together to determine the all-around champion. In other words, a gymnast must hit eight routines not just four. This takes a tremendous amount of confidence, ability and maturity."

Simpson, whose scores ranged from 9.3 to 9.6, was

"I'M
HAPPY ...
BUT
I COULD
HAVE
DONE
BETTER,"
SAID
HAASE.

very consistent. Her scores were 9.3 on rope, 9.5 on hoop, 9.6 on ball and 9.6 on the ribbon routine. Simpson, the 1988 National Champion who was defeated earlier this year by Feldman at Championships, regained her foothold by winning the gold medal at the Olympic Festival.

"It helps to have the crowd behind me. The audience here in Oklahoma was just

great," said Simpson.

Inna Ydovets, Diane's coach, said, "Diane did a 99

percent performance. She had a little problem on her ribbon routine the first day but that can be easily corrected."

Although Feldman had a bad first round, she came back strong in the finals and pulled ahead of Lovell for the silver medal. Feldman's outstanding ribbon routine earned her a 9.50 and much applause from the energetic crowd.

"Yesterday I had a bad day and I didn't feel prepared on any of my routines. Today I decided to relax and have fun — and I did much better," said Feldman.

Lovell, from Miami Twisters, fell from second due to problems with two of her routines. However, she overcame difficulties to score a 9.40 on her last routine, the ribbon, and ended up with the bronze medal.

"I was so scared after I messed up my hoop and ball routine because I thought I

wouldn't make the World Championship Team," said Lovell.

Another smiling face was 14-year-old Jennifer Haase, from LA Lights. Haase placed fourth all-around and earned a trip as the alternate for the World Championships.

"I'm happy that I'm able to go to the World Championships, but I could have done better. I had fun though, and that's most important," said Haase.

It was interesting to note that out of the top five in the all-around, three were named Jennifer. Jennifer Leach, a junior from the United Gymnastics Academy in Florida, placed fifth in the all-around.

"I had more fun competing at this meet than any other," said Leach. Coach Marina Davidovich was pleased that Leach was the top junior in the competition.

Leach was followed by Charlene Edwards, 19, who

trains with Magda Liss and attends Oakland Community College in Michigan. This is Edwards' first year on the individual national team.

Seventh all-around went to Polina Friedland, 13, who trains at LA Lights with her coach Alla Svirsky. At the U.S. Championships this year, she placed second all-around in the junior division. Friedland's best event was hoop, where she scored an 8.75 the first day and an 8.80 the second day to total 17.65.

Arlyn (Lily) Garcia, 14, is coached by John Barretta at the West Coast Waves Club in California. Garcia placed eighth in the all-around. She is an alternate to the senior national team since she placed eleventh all-around at the U.S. Championships — her first year competing as a senior.

Twelve-year-old Naomi Hewitt-Couturier, is the 1989

junior national champion. Hewitt-Couturier placed ninth all-around with a combined score of 69.60. She attends the United Nation's International School in New York City. Her best event was rope. She scored a 17.60 with both days combined.

Tenth all-around went to the California Breese Club's Bianca Sapetto. Sapetto, 13, placed third all-around at the 1989 U.S. Championships in the junior division. Sapetto scored an 8.9 on both days on her ball routine for a combined total of 17.80.

To round out the all-around placings were Franca Abbateallo, Christy Neuman, Beth Ogden, Kristi Smith and Alicia Albe.

Franca Abbateallo, 12, from West Coast Waves, is coached by John Barretta. Abbateallo is in her second year on the junior team. She placed fourth all-around at the U.S. Championships in the junior

division.

Christy Neuman, 12, is the youngest rhythmic gymnast at this year's Olympic Sports Festival. Neuman is coached by Marina Davidovich at United Gymnastics Academy. She placed second all-around at her Regional Championships.

Fourteen-year-old Beth Ogden, from the Miami Twisters Club, is coached by Mary Ellen and Maureen Holdreth.

Kristi Smith, 19, trains at Cymnor, USA in San Rafael, Calif. She's coached by Pauline David and placed ninth all-around at this year's senior U.S. Championships.

Alicia Albe, 13, trains with Lucy Jaworski at Ali's Stars in Princeton, N.J. Albe finished eighth all-around in the junior division at the 1989 U.S. Championships.

Bela Karolyi brings home the gold in his exciting video debut!



Gymnastics Fun

With his first ever home video **BELA KAROLYI**—the world's premier gymnastics coach who guided **NATASIA KOMAROVA** and **MARY LOU RETTON** to Olympic gold, guides you from the fundamentals of gymnastics through the advanced Olympic-style routines that have left eight million breathless.

GYMNASTICS FUN WITH BELA KAROLYI features astounding slow-motion demonstrations by Bela's phenomenal, hand-picked "Karolyi Elite" team. The team provides dramatic examples of warm-up, tumbling, the balance beam, the uneven bars, vaulting and floor exercising. You'll also see fascinating action clips of past Olympic victors and present hopefuls.



BELA KAROLYI

Mail To: Innovations, P.O. Box 576, Hialeah, FL 33043-0576
Or Call 1-800-523-5560

Now please send me _____ copy(ies) of ☐ VHS or ☐ Beta **Gymnastics Fun with Bela Karolyi**, at \$29.99 each. Please add \$4.00 shipping and handling for the first video. \$6.00 for each additional.

☐ Check (Enclosed) ☐ American Ex. ☐ Visa ☐ MasterCard

Account # _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Comments and address on P.O. order box. Please include all P.O. orders. See only order on the box.

Innovations, Inc. Please make shipping payment for this order. Please allow 4-6 weeks for delivery. 5/8/89

CLASSIFIED ADS

FOR SALE

SCORE MASTER, the ultimate women's and men's Team and Meet Management system, just perfected! **SCORE MASTER** provides individual and team results for compulsory and for optional events. This system is used in over 30 States at the local, sectional, state, regional, national and international levels. **COACHES**, now you can graph and report your team and individual scores over an entire season! The only to use, menu-driven system, for your PC is compatible, comes without on-line national and complete documentation. For more information or a DEMO diskette write to: Mahoney Systems, 1112 Longview Lane, Charlotte, NC 28214. Or call (704) 392-7944.

CLASS MASTER From the developers of **SCORE MASTER** comes **CLASS MASTER**, a complete class management system for your gym or club. Designed to maximize your gym's profitability, **CLASS MASTER** fully automates functions such as registration, student and responsible party record maintenance, class scheduling and enrollment, accounts receivable and much of the daily business office activity at your gym. There's nothing in your business plan left to chance when using **CLASS MASTER** to help you make sound marketing, collection and curriculum decisions. **CLASS MASTER** is presented several and comes with complete on-line national and documentation. **CLASS MASTER** is interfaced with **SCORE MASTER** and your accounting system. Write or call Mahoney Systems, 1112 Longview Lane, Charlotte, NC 28214. (704) 392-7944 for more information.

New, updated scoring program for PC, XT, etc., compatible. Prints scores on line then a second. Maintains rolling display during meet. Though rarely advertised during dark-days, used at many state meets, Class I, II, and Elite Nationals, American Classic and US Classic Nationals. Easy-to-use, logging menu/window. Unique features: work prevention; Class, any-to-read results OK for USOPF. Results together 250 competition, 100 times (10 hours/week). Award labels. Flexible any/all divisions perfect for USOPF levels. Contact: Dylans, Wms, add Dancer event 472 85 pps. With formal conversion to/ from spreadsheet \$59.95. Multi-computer version available. Happier Programs, Box 270, Fairfield, CA 94503, 415-494-1125.

Our **UNIQUE**, high quality four-track monomatrix is professional typed and recorded. These tapes are NOT mass produced. Distribution is limited to only one gymnasium in your state. This is an expensive way to obtain your OWN master "CUSTOM" recordings also available. For our NEW 1990 announcements in ps and more information, send \$5.00 to "LIMITED EDITION," Studio A, 624 Sayre Lane, Ft. Collins, CO 80521 (970) 223-8829.

WOMEN'S GYMNASTICS BOOKING SYSTEM 300 gymnasts, 20 teams, 24 members/team. Data entries use screen menus and "F" keys. Setup before meet. Easy changes. Separate scoring menu. Automatic data storage. One quick scan. Operator: VALERIE BARRIS, BIRMINGHAM, ALABAMA.

ALL-AROUND FOR CHILDREN, JUNIOR SENIOR, COMBINED JUNIOR AND SENIOR, AND ALL AGES, classes 3 through 10. Team scores available without further working. Screen View & Print options. Fast 20 points for each selected event and age group. Team summaries, team member scores, place in age group, place among all entries. Most accurate. Same information as team summaries, for all meet participants. Prints ribbon labels for top selected event and age for up to 25 places. Team standings. Events and Dances. Performance contract CH-1/Gymnast, 1387 Drake Way, Suite 1040, KODON (202) 323-6655. Leave message. PC/XT/AT/IBM/640 CLONES. \$99.95. Demo Disk \$5.00.

GYM PAC Software is a business where it comes to managing your club's electronic. From Student Registration to Monthly Billing System, **GYM PAC** puts order back on your club. All office activities are computerized. Update student records, prepare roll sheets, track working students, absences and make-ups. Monitor or pull lists, monitor past due accounts, print statements and mailing labels. **GYM PAC** also offers integrated General Ledger, Accounts Payable and Payroll packages, and programs for Scout Clubs, Dancer Studios, Day Care Centers and Preschools. Send \$20.00 for a complete demo program to: MIC-82 VIDEO, INC., 111 Hansen Mill Road, Stock, CA 95168 (408) 524-1493.

CASPER DIRECT—Quality, service and value on an ethical and commercial copying service available. East Side Copier Corporation, 5880 Walnut Avenue, Dallas, CA 95721 (408) 236-3843.

If you are looking for computer software to help you manage your gymnastics program, then you need to consider **GYM-EZ**. **GYM-EZ** will completely automate your gymnastics procedures and make functions such as scheduling and accounts receivable much easier. **GYM-EZ** will keep attendance, generate mail-outs, and manage all of your fund events and it will integrate with almost any existing accounting system. For more information write Computix, Information Systems Consultants, 132 Riverside Drive East San Antonio, TX 78209 or call (512) 523-1705.

ACQUISITIONS

If you are considering selling your gymnastics club, we may be your buyer. **SPORTASTICS, INC.** is seeking acquisitions. Absolute confidentiality. Ask for Joe Phillips at (303) 352-4959.

POSITION AVAILABLE

GYMNASTICS COACH NEEDED Growing program beautiful northern Minnesota needs a dedicated and enthusiastic coach for existing 10A-1V competitive program and 10B+ student development program. Community strongly supports this YMCA based program. Lots of growth potential, full time job with benefits. Send resume to: Haska County Family YMCA, 400 River Road, Grand Rapids, MN 55944. Attention: Betty Johnson.

FULL TIME TEACHING POSITION Available for degreed, enthusiastic, caring instructor qualified to teach boys and girls all ages, ability levels. Salary equivalent to Columbus Public School System plus experience. Please send resume and references to: Barb Kohn, Universal Gymnastics, Inc., 4255 Knightbridge Blvd., Columbus, IN 47201.

SPORTASTICS, INC. has many franchises throughout the United States, and is growing rapidly. We are looking for enthusiastic individuals who have experience as one or more of the following areas: **MANAGEMENT OF GYMNASIUMS, COMPETITIVE COACHING, GIRLS/BOYS DEVELOPING A RECREATIONAL PROGRAM**. Training provided. Good salary - benefits. Call (313) 522-4349 or send resume to: **SPORTASTICS, INC.**, 2941 Waterson Ct., Champaign, IL 61821.

FULL TIME COACHES for boys class Y - Options I or II or class IV - Options I or II. Some class instruction. Must be responsible, love kids, and hard-working. Benefits. Salary commensurate with experience. BA preferred. Approximately 30 days paid vacation. Respected facility with 30 years old. Send resume and references to: Barbie Gymnastics, 800 Parkway, Bensenville, PA 19038.

Well established Gymnastic Club. Now hiring **ASSISTANT COACHES**. Join our staff of 22 and work with classes and teams. Looking for professional and energetic individuals - B.A. preferred. \$20,000 salary, 2 weeks paid vacation and full medical benefits. Send resume and/or C.V. for an interview. Joe at Charlie Pouslogas, Fly Over Gymnastics P/O Box 685, East Brunswick, New Jersey, 08826, (201) 236-0841.

New ultra modern gymnastics training center seeking **INSTRUCTORS AND COACHES** to work with all levels of program—classes, teams, training squads, both boys and girls. Professional experienced individual with lots of energy, B.A. preferred. Looking for full and part-time. Salary negotiable. Full medical benefits and paid vacation available. For more information contact: Jonathan S. Scheider's School of Gymnastics, 1184 Princeton Avenue, Laverneville, NJ 08454. (609) 392-5893.

Full-time and part-time **COACHING** and **TEACHING POSITIONS** are available for both men and women. Send resumes or call Gary Anderson at Mary Anne's Gymnastics Club, 3406 Randolph Ave., Rockville, MD 20852. Phone (301) 424-8245. Interviews can be arranged.

COACH SUPERVISOR—Direct responsibility for coordination, planning, development, instruction and budgeting of gymnastics program, to include classes, competitive team and developmental programs, pre school gymnastics, dance, summer camps and clinics—Supervise and full-time P.E. instructor and attend part-time coaches and instructors. Works with Parents' Gymnastics Committee towards establishment of goals and objectives for gymnastics program. Interact and interact with other departments of the Center. Attends to maintenance and safety of

CLASSIFIED
ADS

all equipment. Handles publicity, or posters, articles, interviews and radio. Salary - Excellent, including many benefits. Call 714-729-3280 or send resume to: Stanley Rosenblatt, 5601 South Riverwood, Houston, TX 77056-3006.

Positions Available - FEMALE CHOREOGRAPHER to coach at least through level 10, preferably elite. MALE COACH to coach at least through levels 9 and 10. Call (512) 341-3666 in San Antonio, Texas. Salary commensurate with experience.

Want to look for a Top Flight **HEAD COACH** to run our gymnastics program of 500+ students, instructors in Class I, available immediately at one of America's oldest, most-established gymnastics schools (over 100 years). Female is well as male candidates are invited to apply. Solid training and experience, particularly in noncompetitive gymnastics instruction, is a must. Will pay top dollar, life and health benefits, two week breaks per year. School located in an upper/upper middle income community of young families off Chicago's Suburbia lake front. Contact Phil Novak at (312) 794-1982.

POSITION AVAILABLE Coach needed for advanced level gymnastics. Strong dance background desirable. Broad new training facility in Rockledge, Fla. Salary commensurate with experience. Send resume and salary history to: Space Coast Gymnastics Training Center, 636 Hyatt Blvd., Rockledge, Fla. 32955 (407) 633-2200.

COACHES NEEDED Enthusiastic coaches wanted for an individual and small group training gymnastics program. For Class 1 (ages 10-12) or girls coach (ages Level 1) to coach existing classes. Coaches must assist with recruitment of new classes, prefer girls coach to be able to choreograph. Also needed, preschool director/instructor to develop existing preschool program. Send resume 32,000-33,000 level facility with no classroom and separate preschool area. Excellent on-site opportunity in sunny Florida, near beaches and Disney World. Send resumes in Arielle Gymnastics, 7235 Wacht Drive, Melbourne FL 32940. For further information call 740/299-0606.

Position Available with Cymnastade Gymnastics School, Virginia Beach, VA. Applications for full time coaches must bring accepted. Will fly coaches into the area. Must be able to coach USAG level 10 and elite gymnasts. Please call: **Jeff Tolley, 804/496-8591**, or send resume to: **5640 Parliament Drive Virginia Beach, VA 23502.**

WORKSHOPS

PRESCRIPTION CYCLOSTETIC WORKSHOP by Patti Korman is her newly constructed preschool song on November 15 and 11, 1988 in Oyster, Indiana (1 hour southeast of Chicago). Also available are instructor videotapes for preschool teachers, books, and audio cassettes and records for your classes with the cribbed preschool music. Purchase Patti's complete year's (Sept - May) lesson plan manual and 4 hrs of sample classes on videotape for \$99.95. To order any materials or to receive the complete brochure call or write Tumblebug Enterprises 2434 Springfield Drive, Schererville, IN 46159. (316) 865-1273

GIBSON

QUALITY

— means quality from
around the world.
PelSport Grips
crafted in
Switzerland

PelSport
Grips are made in Switzerland

Rampage
with
W
Men's
JCR
Sons RS
Men's H
JCR
Sons
Ladies
JR
Sons RS
\$29.00
plus \$3.00 s/h

Other styles also available — give us a call.

GIBSON
P.O. Box 1444, Englewood, CO
863-937-9012 • 800-621-6386

— means quality from
around the world.
Reisport Grips
crafted in
Switzerland



Transport Grips
with Beige
Wristband
Men's Ring
(CR 23060)
Size XS/S-M/L
Men's High Bar
(CR 23070)
Size S-M/L
Ladies Unisex
(CR 23100)
Size XS/S-M/L
\$29.00 per pair
\$3.00 shipping

GILSON, INC.

P.O. Box 1444, Englewood, CO 80150
303-617-2612 1-800-621-8788 Ext. 232

LOW COST • SHARP EDGED
**CUSTOM MADE
MEDALS & PINS**

Custom Medals & Pins

Made of top quality
hard lined enamel.
Vivid colors and
detailed work to
your design,
shape, and size.
NO ONE CHANGE.
Min. order only 150
pcs. 5 work
days. Gold, silver,
or bronze finish, colorfully
begins. Send sketch, sample,
or call today.



Stock Models

- Immediate delivery on these 3 color manual L¹/4" models
- Certified poly bag
- Only \$54 each, CLE 30 with ribbon

**KV**

KCB Specialties, Inc.
30026 Flower St. Dept. MSA
Post Office Box 1703
Redwood City, CA 94068-1703
(415) 866-3125

Gym West
Sport Products Company
Gymnastic Shoes
ONLY \$15.00



Color: White
 Sizes
 Children 9-13
 Adult 1-11
 You **must** send
 tracing at foot
 with order

- Made of canvas and leather. Excellent for beginner and intermediate gymnast.
- Shipping-Add \$1.50 for 1st pair and \$.50 for each thereafter.
- Send Money Order, Check or C.O.D. to:
Gym West Company
P.O. Box 133
Clawson, MI 48017 (213) 557-4314

Does Your Gym Need Funds?

(For equipment, mats, uniforms, travel...?)

**Well here's your chance to raise
"BIG BUCKS" fast...**

While supporting the International Gymnastics
HALL of FAME at the same time.



Register Now for the 2nd Annual HALL of FAME CARTWHEEL-A-THON

WHEN: OCTOBER 1989*

*All Cartwheel-a-thons must be held by Dec. 20, 1989,
to be eligible for prizes.

WHERE: Each registered club will hold its own
Cartwheel-a-thon ... at the gym, the local mall,
anywhere!

WHY: To raise funds for your gym club and the
International Gymnastics HALL of FAME (75% to club,
25% to IGHOF).

PRIZES: Top money-raising clubs and individuals
will win an assortment of gymnastics equipment and
apparel.

REGISTRATION: Send \$20 to receive all promo-
tional materials: IGHOF Cartwheel-a-thon '89, Box H,
Oceanside, CA 92054.

CARTWHEEL-A-THON REGISTRATION FORM

Dear IGHOF Board:

We would like to participate in the 2nd
Annual IGHOF Cartwheel-a-thon. Enclosed please
find our \$20 registration fee payable to IGHOF.
Cartwheel-a-thon '89. Send our promotional materials to
the address below. Thank you.



NAME OF CLUB _____

CONTACT PERSON _____

PHONE _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

